

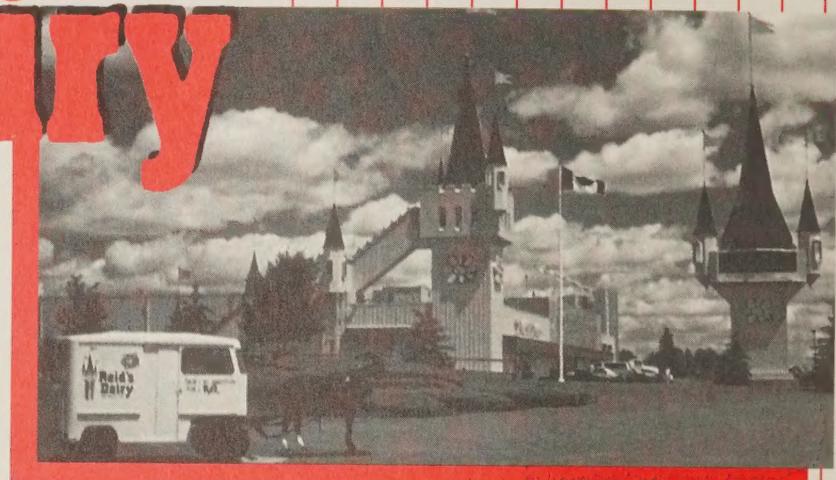
Happy Heart Recipes

*A celebration of over
80 low fat, low sugar
recipes to delight
your whole family.*



Heather Williams, RDt., Registered Dietitian

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Loonie
Milkshake*

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Introduction



Photo by: Ian Dunn

Heather Williams RDt
Registered Professional Dietitian



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illustrations by **Heather Williams, RDt**
designed by **Kathern Bly**

Besides being a "dream come true", writing this cookbook has been a labor of love for me. I am one of those very fortunate people whose profession is also their hobby. The recipes in this book were developed over a seven year period. They originated from dishes that my mom used to make, foods served to me in friends' homes or in restaurants, dishes my husband and boys especially enjoyed, and favorite recipes brought to me by my clients. I also love to try new recipes and whenever I found one that especially appealed to me, I would try to create a low fat, low calorie version of it for my whole family to enjoy.

All of these recipes are nutritious, low cholesterol, diabetic and low sodium for the whole family, as well as for individuals with elevated cholesterol, high blood pressure, diabetes, elevated triglycerides and those simply trying to lose weight.

When preparing these recipes, if desired, "Splenda" could be replaced with an equal amount of sugar and when shopping, look for margarine that is high in mono- and polyunsaturates and that states "nonhydrogenated" on the front of the packaging. (If you add up the polyunsaturates and monounsaturates on the side of the margarine container, the total number should add up to greater than six). Half salt is half sodium chloride and half potassium, and it has 2/3 less salt than regular salt. **Be sure to check with your doctor before using no salt or half salt.**

Unfortunately a lot of people in our society are "guilty" about eating. I would like to take away this guilt and put the fun and enjoyment back into cooking and eating. Mealtimes should be one of the most enjoyable moments of everyday. We were meant to eat good, nutritious, low fat foods and to be physically active. Short term restrictive dieting does not work. Healthy active lifestyles, combined with nutritious food choices *do* work. Menu planning, preparing delicious low fat meals in advance, and scheduling exercise into your daily routine, are the essential cornerstones for making this healthy lifestyle a reality for you and your whole family.

I would especially like to thank: my mom for instilling in me a love of cooking and good nutrition; my good friend Martha Grant for suggesting seven years ago that I should start developing "Happy Heart Recipes" for our patients; to all my clients for trying so many of my recipes and for all their helpful feedback; and last, but certainly not least, to my husband John and our teenage boys, Ryan and Brad, for all their love and support and for being my most discerning taste testers. A special thanks to all my sponsors who helped to make this project a reality and for believing in me; to Kathern Bly whose cheerfulness, creativity & professionalism has made her a pleasure to work with; and to Pat Kell (What's Happening Publications) for his expert advice.

Here's hoping that these recipes and tips will help you all be the best you can be! Happy eating!

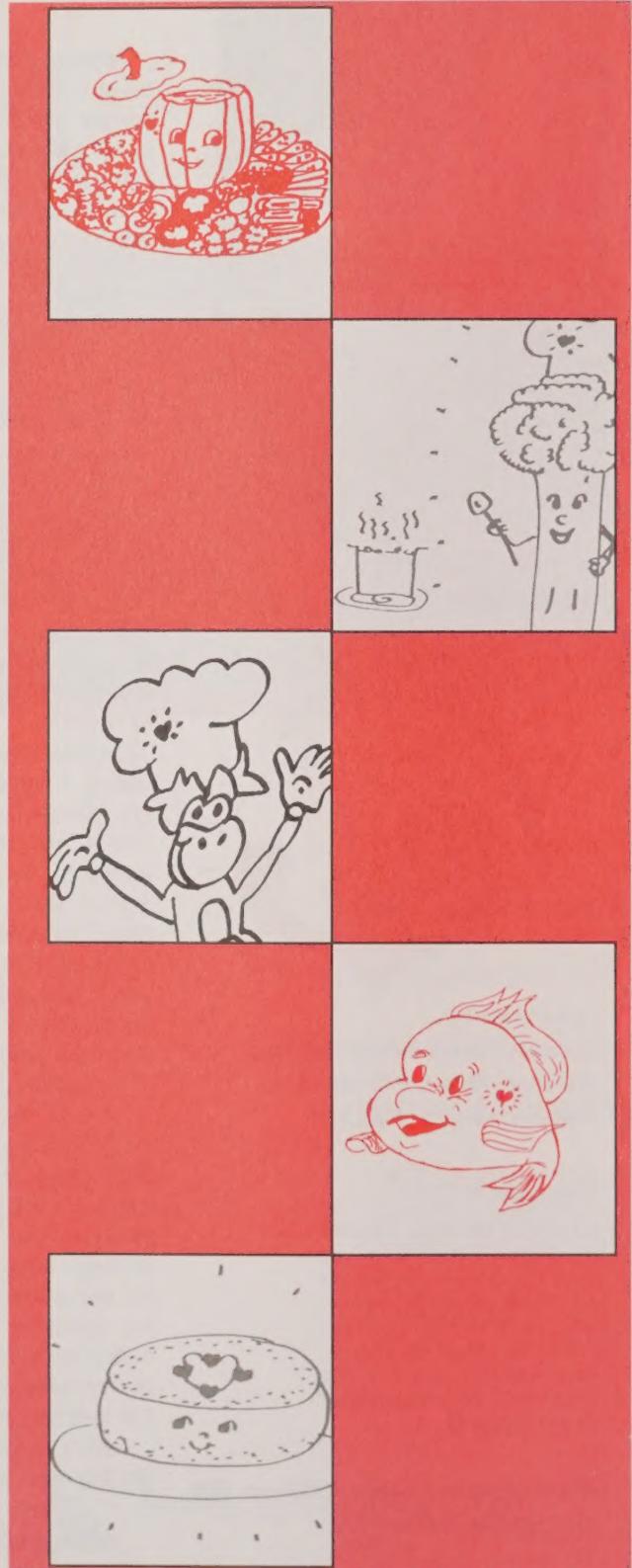
Heather Williams

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RECIPE NUTRITIONAL ANALYSIS...
was done individually by Heather Williams, R.D.t. using "Nutrient Values of Some Common Foods" - 1988, Health and Welfare, Canada; Bowes and Church's "Food Values of Portions Commonly Used" 1989; and individual food label information when applicable.



Appetizers

Hidden Valley Ranch Dip

Hot Crab Dip

Light Layered Crab Dip

Smoked Salmon Pinwheels



Hidden Valley Ranch Dip

Yields - 1 1/2 cups / 375 mL

1 Tbsp. 15 calories
.45 g fat 63 kilojoules

2 Tbsp. 30 calories
.8 g fat 126 kilojoules

1/4 cup 60 calories
1.6 g fat 252 kilojoules

1/4 cup = 1 fat

24% FAT



Also, wonderful on baked potatoes and served with fish.



HAPPY HEART OUTLOOK

Concentrate on a new life, not just a temporary change. Enjoy how a healthier, fitter you feels!

| | |
|----------|---|
| 1 cup | ultra light sour cream, 1% DF 250 mL (11 calories / Tbsp. / 15 mL) |
| 1/2 cup | ultra low fat mayonnaise 125 mL (24 calories / Tbsp. / 15 mL) |
| 1 tsp. | dill weed 5 mL |
| 1/2 tsp. | beau monde seasoning 2 mL |
| 1 tsp. | parsley dried 5 mL |
| 1 | clove garlic, crushed 1 mL |
| 1 | green onion, chopped 1 mL |
| 1/4 tsp. | freshly ground pepper 1 mL |

Combine all ingredients in food processor. Pour into a container. Cover. Refrigerate at least 1-2 hours to blend flavors. Serve with crisp raw vegetables.

To add colour, serve out of cleaned, hollowed-out red and green peppers.

Hot Crab Dip

Yields - 1 1/2 cups / 375 mL

1 Tbsp. 15 mL
20 calories 84 kilojoules

1/4 cup 50 mL
80 calories 336 kilojoules

1 fat + 1/2 lean protein

1/4 cup dip

+ 3 snackwell crackers

113 calories 475 kilojoules

**1 fat + 1/2 lean protein
+ 1/2 bread/starch**

TOTAL FAT - 5.9 g

47% FAT

| | |
|----------|--|
| 3/4 cup | 1% light sour cream 175 mL |
| 1/4 cup | ultra low fat mayonnaise 125 mL (24 calories / Tbsp. / 15 mL) |
| 1 can | salad crab 1 mL (4.2 oz. dry wt./120 g.) |
| 2 Tbsp. | ketchup 30 mL |
| 1/2 tsp. | lemon juice 2 mL |
| 1tsp. | horseradish 5 mL |
| 1 | green onion, chopped 1 mL ~ freshly ground pepper ~ |

Combine all ingredients. Mix well. Heat on low. Serve with low fat crackers.

Light Layered Crab Dip

Yields - 1 pie

1/8 of pie.

+ 4 snackwell crackers

132 calories 554 kilojoules

1 fat + 1/2 lean protein

+ 1/2 bread/starch

+ 1 free vegetable ++

TOTAL FAT - 6.3 g

43% FAT



HAPPY HEART OUTLOOK

*Try not to be obsessed
with numbers on the scales.*

*Muscle weighs more than fat,
so taking measurements
to mark your progress
is much more logical.*

| | | |
|------------|--------------------------------------|--|
| 1 pkg. | (250 g) light cream cheese | 1 |
| 1 Tbsp. | grated onion | 15 mL |
| 1 Tbsp. | Worcestershire | 15 mL |
| 1 1/2 tsp. | lemon juice | 7 mL |
| 1 can | crab | 1 (4.5 oz. / 126 g. dry wt. (well drained)) |
| 1/2 cup | chili sauce | 125 mL |
| | ~ parsley, dill weed, lemon slices ~ | |

1. Mix cheese, onion, worcestershire and lemon juice together in food processor. Spread on a nice glass plate to look like a small pizza.
2. Spread chili sauce on top.
3. Drain crab well and spread on top of chili sauce.
4. Sprinkle with parsley and dill weed. Decorate with lemon wedges, serve with low fat crackers.



Smoked Salmon Pinwheels

**Yields - 16 pinwheels or
8 pinwheels / tortilla roll**

ONE PINWHEEL

32 calories 134 kilojoules

THREE PINWHEELS

96 calories 134 kilojoules

1/2 fat + 1 bread/starch

TOTAL FAT - 2.6 g

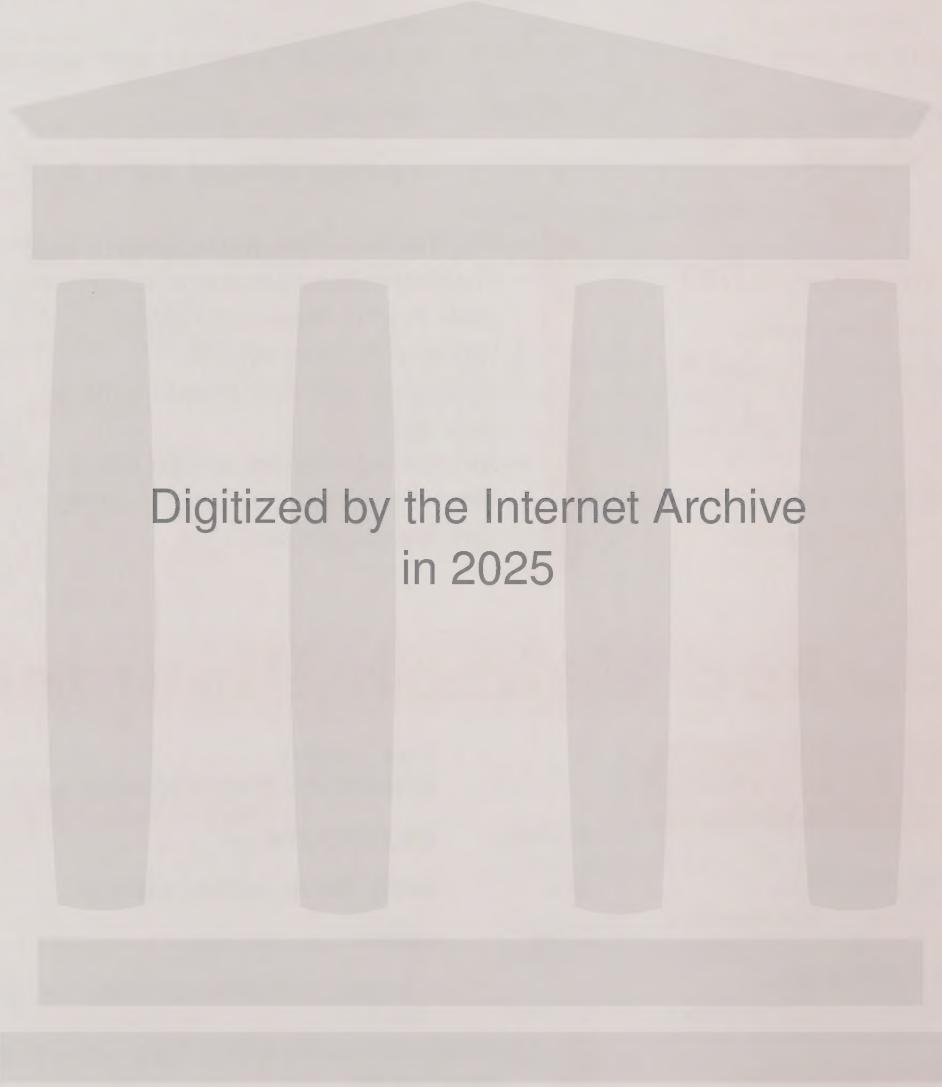
25% FAT



Colourful and delicious!

| | | |
|---------|--|-------|
| 2 | flour tortillas | 2 |
| | (100 calories / 420 kilojoules each) | |
| 4 Tbsp. | lite cream cheese | 50 mL |
| 3oz. | thinly sliced, smoked salmon | 85 g |
| 2 tsp. | capers | 10 mL |
| | ~ lemon juice, lettuce, lemon wedges ~ | |

1. Spread each tortilla with 2 Tbsp. (30 mL) of light cream cheese.
2. Top with smoked salmon.
3. Sprinkle with capers and lemon juice.
4. Roll up tightly. Wrap in saran. Refrigerate (or freeze until needed.) When ready to serve, slice into 8 slices each roll. Place on lettuce-lined plates and garnish with lemon wedges.



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Muffins, Bread and Cereals

Banana Muffins

Best Ever Light Bran Muffins

Carolyn's Maple Wheat Germ Muffins

Peach Parfait Power Porridge

Raspberry Oatmeal Yogurt Muffins

Sour Cream Wheat Germ Buns (Breadmaker)



Banana Muffins

Yields - 12 muffins

1 muffin
140 calories 588 kilojoules

1 bread/starch, 1 fruit + 1/2 fat

TOTAL FAT - 2.4 g per muffin

15% FAT



Breakfast is the most important meal of the day!



| | | |
|------------|------------------------------------|--------------|
| 3 | large, very ripe bananas, mashed | 3 |
| 1/4 cup | white sugar | 50 mL |
| 2 Tbsp. | Splenda (if desired) | 30 mL |
| 1 | egg, plus one egg white | 1 |
| 1/2 cup | applesauce | 125 mL |
| 2 Tbsp. | margarine, melted | 30 mL |
| 1/2 tsp. | half salt | 2 mL |
| 1 1/2 tsp. | baking powder | 7 mL |
| 1 tsp. | baking soda | 5 mL |
| 1 1/2 cups | all purpose flour | 375 mL |
| | (or 1/2 white and 1/2 whole wheat) | |

1. Heat oven to 375° F / 190°C. Spray muffin tins with nonstick cooking spray.
2. In a food processor mix banana, sugar, splenda, egg, applesauce and melted margarine.
3. In a separate bowl, mix dry ingredients.
4. Make a well in dry ingredients and add wet ingredients. Gently fold wet into dry, stirring just enough to blend.
5. Spoon into muffin tins ~ fill until 3/4 full. Bake in a 375° F / 190°C oven for 20 minutes or until golden and firm to the touch.

Best Ever Light Bran Muffins

Yields - 12 muffins

1 muffin

155 calories 651 kilojoules

**1 bread/starch, 1 fruit, 1/2 fat
+ 2 tsp. sugar**

TOTAL FAT - 3 g per muffin

17% FAT



HAPPY HEART OUTLOOK

*Treat yourself occasionally
to the little things you really like!*

| | | |
|------------|---|--------|
| 1 cup | buttermilk - low fat | 250 mL |
| 3/4 cup | natural bran | 150 mL |
| 1 | egg + 1 egg white or 3 egg whites or 2 egg substitutes | |
| 2 Tbsp. | margarine, melted | 30 mL |
| 1/2 cup | unsweetened applesauce | 125 mL |
| 1/4 cup | molasses | 50 mL |
| 2 Tbsp. | brown sugar | 30 mL |
| 1/2 tsp. | vanilla | 2 mL |
| 1 1/2 cups | all purpose flour | 375 mL |
| 1 tsp. | soda | 5 mL |
| 2 tsp. | baking powder | 10 mL |
| 1/2 tsp. | half salt or no salt | 2 mL |
| 1/2 cup | raisins | 125 mL |

1. Preheat oven to 375°F / 190°C. Spray muffin tin with cooking spray.
2. Add natural bran to 1 cup buttermilk and let stand.
3. In food processor or large bowl, combine egg, margarine, applesauce, molasses, brown sugar and vanilla. Blend well.
4. Combine dry ingredients in separate bowl and add raisins.
5. Make a well in dry ingredients. Add buttermilk mixture and egg mixture. Stir just until moistened. Mix as quickly and as lightly as possible. Spoon into muffin tins. Bake at 375°F / 190°C for 15 - 18 minutes until golden brown or until toothpick inserted in center comes out clean.

Carolyn's Maple Wheat Germ Muffins

Yields - 12 large muffins

1 muffin
230 calories 966 kilojoules

2 bread/starch, 1/2 fruit, 1 1/2 fat

TOTAL FAT - 6.8 g per muffin

26% FAT


These are delicious and definitely worth all 230 calories.

HAPPY HEART FACT

Wheat germ is an excellent source of B₆, riboflavin, thiamin, Vitamin E and essential fatty acids.

WET INGREDIENTS

| | | |
|-----------|----------------------------------|--------------------------------------|
| 2 | eggs or 2 egg substitutes | 2 |
| 1/4 cup | maple syrup | 50 mL |
| 1/4 cup | brown sugar | 50 mL (or brown sugar sugar twin) |
| 1/4 cup | margarine, melted | 50 mL |
| 1/2 cup | unsweetened applesauce | 125 mL |
| 1 1/2 cup | low fat buttermilk | 375 mL |
| 1 tsp. | maple extract (or vanilla) | 5 mL |

DRY INGREDIENTS

| | | |
|------------|----------------------------|--------|
| 1 1/2 cups | all purpose flour | 375 mL |
| 1 1/2 tsp. | baking soda | 7 mL |
| 1 1/2 tsp. | baking powder | 7 mL |
| 1/2 tsp. | half salt or no salt | 2 mL |
| 1 1/2 cup | toasted wheat germ | 375 mL |
| 1/2 cup | raisins | 125 mL |

1. Preheat oven to 375°F / 190°C. Spray muffin tin with cooking spray.
2. Combine wet ingredients well.
3. Combine dry ingredients. Make a well in dry ingredients.
4. Add wet to dry ingredients and stir gently until just moistened. Bake in 375° / 190° oven for 14 - 15 minutes until golden brown.

Peach Parfait Power Porridge

Yields - 1 serving

227 calories (with sweetener)
.....953 kilojoules

277 calories (with sugar)
.....1163 kilojoules

2 bread/starch, 1 fruit, 1 milk

**TOTAL FAT - 2.6 g per serving
8% FAT**

| | | |
|-----------|--|-------------|
| 1/3 cup | dry oatmeal |75 mL |
| 1/2 peach | in own juice, rinsed & cut up |1/2 |
| dash | cinnamon |dash |
| 1 cup | hot tap water |250 mL |
| 1/3 cup | bran buds with psyllium |75 mL |
| 1 Tbsp. | brown sugar (or brown sugar sugar twin) |15 mL |
| 4 oz. | skim or 1% milk |125 mL |

This is like having "peach crisp" for breakfast. It stays with you all morning and takes only 90 seconds to prepare.

1. Place rinsed, cut up peaches in a cereal bowl and sprinkle with cinnamon.
2. Add dry oatmeal and hot tap water. Stir.
3. Cook on high in microwave for 90 seconds.
4. Add bran buds, brown sugar and milk.

HAPPY HEART OUTLOOK

"Break the fast" and be sure to eat breakfast to give your body energy and a great start to the day.



Raspberry Oatmeal Yogurt Muffins

Yields - 10 muffins

1 muffin
150 calories 630 kilojoules

1 bread/starch, 1 fat, 1 tsp. sugar

TOTAL FAT - 5.5 g per muffin
33% FAT



HAPPY HEART OUTLOOK

*Keep your exercise routine
fresh and interesting!*



| | | |
|----------|-------------------------------|--------|
| 1 cup | all purpose white flour | 250 mL |
| 1 Tbsp. | baking powder | 15 mL |
| 1/2 tsp. | baking soda | 2 mL |
| 1/4 tsp. | half salt | 1 mL |
| 1/2 tsp. | cinnamon | 2 mL |
| 3/4 cup | rolled oats | 175 mL |
| 1/4 cup | white sugar | 50 mL |
| 3 Tbsp. | splenda | 45 mL |
| | 1 egg + 1 egg white | |
| 3/4 cup | low fat plain yogurt..... | 175 mL |
| 1/2 tsp. | vanilla..... | 2 mL |
| 1/4 cup | melted margarine | 50 mL |
| 1 cup | raspberries, frozen | 250 mL |
| 1/4 cup | blueberries, frozen..... | 50 mL |

1. Preheat oven to 375°F / 190 ° C. Spray muffin tins with nonstick cooking spray.
2. Stir together the dry ingredients - the flour, baking powder, baking soda, half salt, cinnamon, sugar (Splenda) & rolled oats.
3. Beat together the wet ingredients - egg, egg white, yogurt, margarine & vanilla.
4. Add the cut up fruit to the dry ingredients.
5. Make a well in dry ingredients. Add wet ingredients all at once, to dry ingredients. Stir gently only until moistened.
6. Spoon into muffin tins. Bake 15-20 minutes in 375° / 190° oven.

Sour Cream Wheat Germ Buns

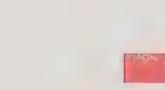
Yields - 16 buns

1 bun
140 calories 588 kilojoules

1 1/2 bread/starch, 1/2 fat

**TOTAL FAT - 3.2 g per serving
21% FAT**

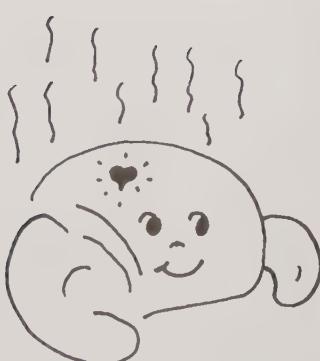
This is my family's favourite bun!



HAPPY HEART OUTLOOK

Exercise ...

*...it helps you mentally
as well as physically!*



(Breadmaker Recipe)

| | | |
|------------|------------------------------------|--------|
| 2/3 cup | 1% or skim milk | 150 mL |
| 1/2 cup | sour cream, 1% BF | 125 mL |
| 1 | egg (or 2 egg whites) | 1 |
| 2 Tbsp. | molasses | 30 mL |
| 2 tsp. | margarine | 10 mL |
| 1 1/2 cups | whole wheat bread flour | 375 mL |
| 1 1/2 cups | white bread flour..... | 375 mL |
| 1/3 cup | toasted wheat germ | 75 mL |
| 3/4 tsp. | salt | 3 mL |
| 1 tsp. | quick-rise instant dry yeast | 5 mL |
| 4 tsp. | melted margarine | 20 mL |

1. Add all ingredients (except last 4 tsp. margarine) to breadmaker in order given. Select dough cycle. When cycle is complete (2 1/2 hours), remove dough from machine.
2. On a lightly floured surface, divide dough in half. Let rest 10 minutes. Roll each half of dough into an 8-inch / 20 1/2 cm. circle.
3. Brush each circle with 2 tsp. melted margarine. Cut each circle into 8 wedges. Beginning at wide ends, roll up dough wedges to make butterhorns.
4. With points side down, place rolls 2-3 inches / 5-8 cm. apart on baking sheets sprayed with nonstick cooking spray. Place rolls in cold oven. Place a pan of boiling water on lower shelf of oven. Let rise for about 30 minutes until double in size.
5. Remove rolls and pan of water from oven. Preheat oven to 375° F / 190°C and bake rolls for 12 - 15 minutes until golden brown.

Soups

Basil Pasta Bean Soup

Cream of Broccoli Soup

Italian Chicken Soup

Lickity Split Pea Soup

Maritime Seafood Chowder

Minestrone Soup

Mom's Homemade Turkey Soup

Healthy Heart Vegetable Soup

Tomato Bouillon Consommé



Basil Pasta - Bean Soup

Yields - 9 cups

1 serving = 1 cup
164 calories 689 kilojoules

1 oz. protein, 1 bread/starch,
1 veg./fruit

TOTAL FAT - 1.3 g fat

7% FAT

2 cups
328 calories 1378 kilojoules

2 oz. protein, 2 bread/starch, 1
veg. A, 1/2 fat

TOTAL FAT - 2.6 g fat

7% FAT

*Do yourself a favor
and grow some fresh herbs.*

*This soup is a great way to
incorporate beans (soluble fibres)
into your diet. Add a slice of
whole wheat bread, fresh fruit
and low fat cheese for a great
lunch or supper. Freezes well!*

| | | |
|----------|--|--------|
| 2 cups | sliced mushrooms | 500 mL |
| 1 cup | sliced carrot | 250 mL |
| 1/2 cup | chopped onion..... | 125 mL |
| 2 cloves | garlic, crushed | 2 |
| 1 Tbsp. | olive oil..... | 15 mL |
| 3 | (10 oz. / 284 mL) cans of | 3 |
| | Campbell's Healthy Request, low fat, low sodium chicken broth | |
| 1/2 cup | penne pasta, raw | 125 mL |
| 1 can | (28 fl. oz. / 796 mL) stewed tomatoes 1 can (with oregano) | |
| 1 can | garbanzo beans (19 oz. / 540 mL)1 can (or 1 can UNICO ready to serve marinated bean salad (19 oz. / 540 mL) | |
| 1/4 cup | snipped fresh basil | 50 mL |
| | (or 1 Tbsp. dry basil) | 15 mL |
| 1 Tbsp. | snipped fresh thyme | 15 mL |
| | (or 1/4 tsp. dry thyme)..... | 1 mL |

1. In a large saucepan or Dutch oven, cook the mushrooms, carrot, onion and garlic in oil until tender but not brown. Add broth. Bring to a boil.
2. Stir in pasta. Return to boil. Cook 10 -12 minutes until pasta is tender but still firm. Stir in tomatoes and garbanzo beans. Heat through.
3. Just before serving, stir in fresh herbs (or dried herbs).

HAPPY HEART OUTLOOK

Keep positive.

If you think you can, you CAN!

Cream of Broccoli Soup

Yields • 4 servings

1 serving = 3/4 cup / 175 mL
130 calories 546 kilojoules

**1 bread/starch, 1 veg. / fruit,
1/2 milk**

**TOTAL FAT - .5 g per serving
3% FAT**

This is a delicious way to add calcium to your meal plan!

HAPPY HEART FACT

Did you know...

...salmon and broccoli are excellent nondairy sources of calcium?

| | | |
|----------|--|--------|
| 2 cups | low fat, low sodium chicken broth ... | 500 mL |
| 2 medium | potatoes, peeled and cubed..... | 2 |
| 1/2 cup | chopped onion..... | 125 mL |
| 1/2 | medium carrot, shredded | 1/2 |
| 1 cup | broccoli florets | 250 mL |
| | (or cauliflower or asparagus) | |
| 8 oz. | 1% milk | 125 mL |
| | (or 8 oz. / 250 mL evaporated skim milk) | |

1. Bring chicken broth to a boil. Add cubed potato, onion and carrot. Cook 5 minutes.
2. Add broccoli and cook 5-6 minutes longer until potato is tender.
3. Purée cooked vegetables and broth in food processor. Add milk and reheat. If desired, top each bowl of soup with 1/4 cup / 28 g grated mozzarella cheese, 15% BF (80 extra calories, 1 oz. protein)



Italian Chicken Soup

Yields - 6 cups / 1 1/2 L

Each 1 cup serving
195 calories 819 kilojoules

2 lean protein, 1 bread/starch,
1 veg. / fruit, 1 free veg. ++
& 1/2 fat

TOTAL FAT - 2.5 g per serving
12% FAT



*This is one of
my family's favourites!*



HAPPY HEART FACT

*Did you know?...
...an average ear of corn
has 800 kernels in 16 rows.*



| | | |
|----------|---|----------------------------------|
| 2 tsp. | olive oil | .10 mL |
| 4 | deboned skinned chicken breasts | 4 (4 oz. / 112 g / each, raw) |
| 1/2 cup | onion, chopped | 125 mL |
| 1/4 cup | celery, chopped | 50 mL |
| 2 cloves | garlic, crushed | 2 |
| 1 tsp. | dried basil (1/4 cup / 50 mL fresh) | 5 mL |
| 1/4 tsp. | freshly ground pepper | 1 mL |
| 1 can | (19 oz. / 540 mL) stewed tomatoes.....1 can (with basil, oregano & garlic undrained) | |
| 1 cup | water | 250 mL |
| 1 can | (10 oz. / 284 mL) low sodium, low fat1 chicken broth, Campbell's Healthy Request | |
| 1/4 cup | carrot, grated | 50 mL |
| 1 cup | frozen corn | 250 mL |
| 1/3 cup | spaghetti noodles broken into 1" / 2.5 cm. lengths | 75 mL |
| 2 Tbsp. | grated lite Parmesan cheese, 16% B.F. 30 mL | |

1. Cut chicken into small cubes.
2. Spray a large nonstick teflon pan with nonstick spray.
Add oil. Heat. Stir-fry chicken pieces until lightly browned.
3. Add onion, celery, garlic and cook until vegetables are tender, yet crisp.
4. Stir in basil, pepper, tomatoes, water, and broth.
Cover and simmer 5 minutes.
5. Stir in carrots, corn and spaghetti. Simmer 10 minutes or until spaghetti is al dente. Garnish each serving with 1 tsp. / 15 mL Parmesan cheese.

Lickety Split Pea Soup

Yields 5 cups

1 cup - 250 mL
167 calories 701 kilojoules

**1 protein, 1 bread/starch,
1 veg. / fruit**

**TOTAL FAT - .8 g per serving
4% FAT**



Whole foods, particularly fresh fruits and vegetables are a better way to take your vitamins than supplements because, besides providing fibre they also contain other bonus ingredients.



HAPPY HEART FACT

Split pea soup

is an excellent source of soluble fibre which helps to lower cholesterol levels and to control blood sugar levels for diabetics.

| | | |
|----------|-----------------------------------|--------|
| 1 cup | dry yellow peas | 250 mL |
| | (equals 2 1/2 cups/625 mL cooked) | |
| 1 tsp. | thyme | 5 mL |
| | (or 1 Tbsp. snipped, fresh thyme) | |
| 1 clove | garlic, crushed | 1 |
| 1 medium | carrot, finely grated | 1 |
| 1 small | potato, diced | 1 |
| 1 small | onion, chopped | 1 |
| 2 oz. | smoked ham, cubed..... | 56 g |
| 4 cups | boiling water | 1 L |
| 3 pkgs. | low sodium chicken granules | 3 |
| 1 | Bay leaf..... | 1 |



Combine all ingredients in a large microwavable bowl and cover. Microwave on medium (7) for 45 minutes. Stir every 10 minutes. Remove Bay leaf. If this soup becomes too thick, just add more chicken broth. Freezes well.

Maritime Seafood Chowder

Yields • 4 servings

1 serving = 1 cup
338 calories 1420 kilojoules

1 bread/starch, 3 lean protein,
1 veg. / fruit, 1 free vegetable ++,
2 milk, 1/2 fat

TOTAL FAT - 2.7 g

7% FAT

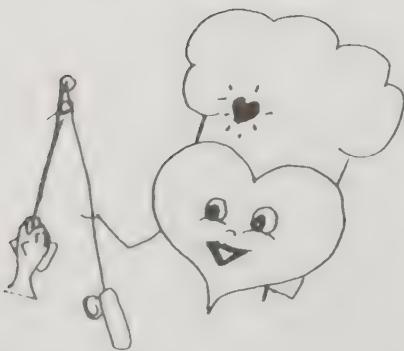


HAPPY HEART OUTLOOK

*"Remember, the effort you make today will reward you tomorrow.
Strive to be the best you can be.*

| | | |
|-----------|--|--------------|
| 1 pound | white fish, thawed & cubed | 500 g. |
| 1/2 cup | celery, chopped | 125 mL |
| 1/2 cup | onion, chopped | 125 mL |
| 4 tsp. | light margarine | 20 mL |
| 2 | medium potatoes, cubed | 2 |
| 2 | carrots, grated | 2 |
| 2 cups | low fat, low sodium chicken broth | ... 500 mL |
| 1 1/3 cup | frozen peas | 325 mL |
| 2 cups | evaporated skim milk | 500 mL |
| 1/4 tsp. | each half salt or no salt, fresh ground pepper, dried thyme, parsley, basil, dill weed. | ... 1 mL |

1. Melt margarine in saucepan. Sauté onions and celery until onion is soft and tender.
2. Add chicken broth. Heat to boiling. Add potato, fish, carrots. Boil 10 minutes until potatoes are cooked.
3. Add peas and milk. Heat until warmed through. Add seasonings. Serve.



Minestrone Soup

Yields - 14 cups

1 serving = 1 cup
110 calories 462 kilojoules

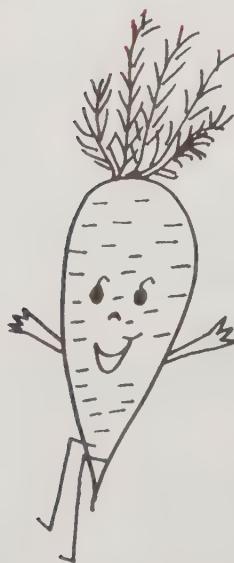
**1 protein, 1 free vegetable ++,
1 veg. / fruit**

**TOTAL FAT - .3 g per serving
2% FAT**



HAPPY HEART OUTLOOK

"Five servings of fruits and vegetables a day can provide 200 mg. of vitamin C, which not only protects against vitamin C deficiency but, saturates the cells and may protect against disease.



| | | |
|----------|---|--|
| 12 oz. | lean ground beef (or ground chicken) | 336g. |
| 8 cups | water | 2 L |
| 4 pkgs. | low sodium beef bouillon granules | 4 |
| 1 cup | onion, chopped | 250 mL |
| 2 cups | cabbage, chopped | 500 mL |
| 2 cups | carrots, diced | 500 mL |
| 2 cups | canned tomatoes, cut up | 500 mL |
| 2 cups | canned kidney beans | 500 mL |
| 1 clove | garlic, crushed | 1 |
| 1/2 tsp. | black pepper | 2 mL |
| 1 tsp. | oregano, crushed | 5 mL (1 Tbsp. / 15 mL fresh, chopped) |
| 1 tsp. | basil | 5 mL (1 Tbsp. / 15 mL fresh, chopped) |
| 1 Tbsp. | dry parsley | 15 mL (1/4 cup / 500 mL fresh, chopped) |
| 1 cup | raw rotini pasta | 250 mL |

1. Spray a large teflon pan with nonstick cooking spray and brown meat blotting up any fat with a paper towel.
2. Add meat to water and bouillon in a large cooking pot.
3. Add onions, cabbage and carrots. Bring to boil and simmer 30 minutes.
4. Add remaining ingredients and simmer until macaroni is cooked - 15 minutes. Serve immediately or freeze.

Mom's Homemade Turkey Soup

Yields - 14 cups

1 cup
80 calories 336 kilojoules

1 bread/starch

TOTAL FAT - .2 g per 1 cup soup
1.9% FAT



HAPPY HEART OUTLOOK

"Recognize that in order to change your body you need to change your lifestyle and that takes time."

HAPPY HEART FACT

A cup of homemade vegetable soup at the beginning of a meal is a great way to incorporate more vegetables into your diet and it also helps to reduce your appetite.

Turkey bones (be sure to leave some meat on the bones for the soup)

| | | | |
|----------|--------------------------------------|-------|--------|
| 9 cups | water | | 2.25 L |
| 2 | carrots, scraped and cut into chunks | | 2 |
| 1/2 | head cabbage | | 1/2 |
| 2 medium | onions cut into 4 pieces each | | 2 |
| 2 pkgs. | low sodium chicken broth | | 2 |
| | a few peppercorns | | |

 1. Simmer all the ingredients for 1 1/2 hours. Strain.
Remove meat from the bones and save for soup.
Cool and remove fat.

TO MAKE TURKEY SOUP:

| | | | |
|------------|--|-------|--------|
| 8 - 9 cups | turkey broth | | 2.25 L |
| 3 cups | carrot, grated | | 750 mL |
| 2 medium | onions, grated | | 2 |
| 2 1/2 cups | turnip, grated | | 625 mL |
| 2 large | potatoes, grated | | 2 |
| 1 tsp. | celery salt | | 5 mL |
| 1 tsp. | savory..... | | 5 mL |
| | (or 1 Tbsp. / 15 mL fresh savoury, snipped) | | |
| 1 tsp. | beau monde seasoning | | 5 mL |
| 2 pkgs. | low sodium chicken broth | | 2 |
| | ~ half salt or no salt, freshly ground pepper to taste ~ | | |

2. Add vegetables to broth. Simmer 5 minutes.
Add seasonings. Add 2 cups / 500 mL cut up turkey meat. Serve. Freezes well.

Healthy Heart Vegetable Soup

Yields - 11 cups / 2.75 L

1 serving = 1 cup (250 mL)
40 calories 168 kilojoules

1 veg. / fruit or 2 free vegetable ++

TOTAL FAT - 0 g per serving

0% FAT



Delicious, crunchy crisp vegetables and chocked full of nutrients. What a great way to get your veggies!

| | | |
|--------|---|---|
| 6 cups | low sodium chicken broth | 1.5L |
| 1 can | Italian peeled whole tomatoes, cut up | 1 (28 oz. / 795 mL) |
| 1 tsp. | basil | 5 mL |
| 6 cups | vegetables cut into 1" / 2.5 cm. pieces | 1.5L ie. broccoli, carrots, onion, mushrooms, asparagus, zucchini |



Combine chicken broth, tomatoes, vegetables and basil. Bring to a boil then sit off stove and allow to cool. Store in fridge. Reheat soup as needed. Top with 1 Tbsp. / 15 mL lite Parmesan cheese (20 calories / Tbsp. / 15 mL) if desired.

Tomato Bouillon Consommé

Yields - 8 servings

1 serving = 1 cup (250 mL)
30 calories 126 kilojoules

1 veg. / fruit or 2 free vegetable ++

TOTAL FAT - 0 g per serving

0% FAT



This is a light delicious appetizer for a dinner party or a great light soup with a sandwich.

| | | |
|----------|--------------------------------------|---|
| 2 cans | (10 oz. / 284 mL) beef broth..... | 2 low fat, low sodium |
| 1 bottle | (750 mL) garden cocktail juice | 1 |
| 1 Tbsp. | lemon juice | 15 mL |
| 1 tsp. | dried basil | 5 mL (or 1 Tbsp. / 15 mL fresh basil, snipped) |
| 1 tsp. | horseradish | 5 mL |
| 2 Tbsp. | croutons | 30 mL |



Combine all above ingredients except croutons and heat to boiling. Let simmer - 10 - 15 minutes. Ladle into warmed soup bowls and top each with 1 tsp. / 5 mL croutons or serve in mugs as a hot premeal drink.

Vegetables and Salads

Cool Tuna Cucumber Dill Pasta Salad

Creamy Orange Tarragon Salad Dressing

Crunchy Broccoli Salad

Matchstick Parsnips

Overnight Curried Chicken Salad

Light Greek Pasta Salad

Grilled Chicken and Red Onion Salad

Pineapple Rice Chicken Salad

Tuna Waldorf Pasta Salad



Cool Tuna Cucumber Dill Pasta Salad

Yields - 4 servings

1 serving = 1 cup
160 calories 672 kilojoules

1 lean protein, 1 bread/starch, 1/2 fat, 1 free vegetable ++

TOTAL FAT - 1.6 g

9% FAT



Cool refreshing summer salad.

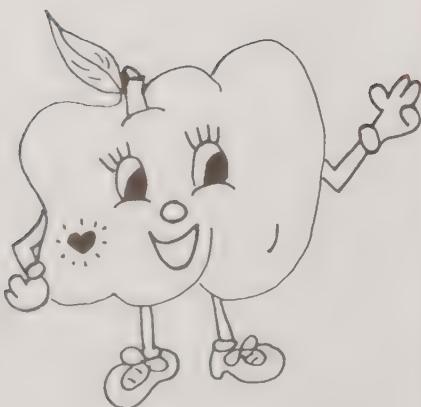


HAPPY HEART OUTLOOK

*Make an "appointment" each day
for you to exercise and have
some time for yourself.*

| | | |
|----------|---------------------------------------|--------|
| 2 cups | uncooked spaghetti | 500 mL |
| | broken into 2" / 5 cm. pieces | |
| 1/2 cup | cucumber, cut up | 125 mL |
| 1/2 cup | celery, chopped | 125 mL |
| 1/2 cup | green pepper, chopped | 125 mL |
| 1/4 cup | carrots, chopped | 50 mL |
| 1 can | tuna (6.5 oz. / 184 grams)..... | 1 |
| | (packed in vegetable broth, drained) | |
| 1/4 cup | ultra light mayonnaise | 50 mL |
| | (24 calories / Tbsp.) | |
| 1/2 tsp. | dried dill weed | 2 mL |
| 1 Tbsp. | lemon juice | 15 mL |
| 1/4 tsp. | celery salt | 1 mL |
| | ~ half salt & freshly ground pepper ~ | |

1. Cook pasta in boiling, salted water for 11 minutes or until al denté. Rinse with cold water to cool down. Drain well.
2. Add tuna, vegetables, mayonnaise and seasonings. Mix well. Serve on lettuce leaves.



Creamy Orange Tarragon Salad Dressing

Yields • 1 cup

1 serving = 2 Tbsp.
22 calories 134 kilojoules

1/2 fat

TOTAL FAT - .4 g

16% FAT



HAPPY HEART FACT

*Did you know that...
you cannot burn fat effectively
if you do not have enough
carbohydrate rich food in your diet.*

| | | |
|---------|--|--|
| 1/2 cup | 1% light sour cream | 125 mL |
| 2 Tbsp. | rice vinegar | 30 mL |
| 1/4 cup | mandarin oranges, rinsed & drained ... | 50 mL |
| 2 Tbsp. | ultra light mayonnaise | 30 mL (24 calories / Tbsp. / 15 mL) |
| 2 tsp. | splenda..... | 10 mL |
| 2 tsp. | tarragon | 10 mL |
| | ~ half salt or no salt ~ | |
| | ~ Mrs. Dash lemon seasoning ~ | |
| | ~ Freshly ground pepper ~ | |



1. Purée all above ingredients in food processor.
Store in refrigerator.

Crunchy Broccoli Salad

Yields • 4 cups = 8 servings

1 serving = 1/2 cup
82 calories 340 kilojoules

1 fat, 1/2 fruit, 1 free vegetable ++

TOTAL FAT - 3.3 g. / serving

36% FAT



This has become my favourite way to serve broccoli. This was especially nice made with fresh broccoli from my Dad's garden!

| | | |
|--------------|---------------------------------------|--|
| 1/4 cup | light sour cream, 1% M.F. | 50 mL |
| 2 Tbsp. | ultra light mayonnaise | 30 mL (24 calories / Tbsp. / 15 mL) |
| 1/2 - 1 tsp. | Grainy Dijon mustard | 2 - 5 mL |
| 1 1/2 pkg. | equal or Splenda | 1 1/2 |
| 1 head | broccoli (3 cups / 750 mL) | 1 |
| 1/4 cup | grated mozzarella cheese 15% B.F. ... | 50 mL (or skim cheese with cheddar flavouring, 7% B.F.) |
| 1/4 cup | sunflower seeds..... | 50 mL |
| 1/4 cup | raisins | 50 mL |



1. Wash broccoli and cut into florets.
2. Combine salad dressing ingredients (first 4 ingredients) with prepared broccoli, cheese, seeds & raisins.

Matchstick Parsnips

Yields - 6 servings

1 serving - 1/3 cup
42 calories 176 kilojoules

1 veg. / fruit

TOTAL FAT — 0 g fat
0% FAT

2 cups cut up parsnips julienne style 500 mL
1 cup low sodium chicken broth 250 mL
2 tsp. brown sugar 10 mL

- 
1. Cover parsnips with chicken broth in a microwavable cooking dish.
 2. Sprinkle with brown sugar.
 3. Cover with a dish or cover.
 4. Cook on high for 5-6 minutes until tender. Serve.

Overnight Curried Chicken Salad

Yields - 6 servings

1 serving
215 calories 903 kilojoules

2 oz. lean protein, 1 fat,
1 veg. / fruit, 1 free vegetable ++

TOTAL FAT — 3.2 g fat
13% FAT



This dish is great to take to a potluck supper.

6 cups romaine, torn into pieces 1500 mL
1 cup bean sprouts 250 mL
1 cup thinly sliced cucumber 250 mL
1 cup fresh snowpeas 250 mL
2 green onions, thinly sliced 2
2 cups frozen peas 500 mL
3 cups cooked chicken, cubed 750 mL
1 cup 1% light sour cream 250 mL
1/4 cup ultra light mayonnaise 50 mL
(25 calories / Tbsp. or 15 mL)
2 tsp. splenda 10 mL
1 tsp. curry powder 5 mL
1/4 tsp. ground ginger 1 mL
cherry tomatoes, snowpeas & parsley

- 
1. Spread lettuce in bottom of 1 L. glass bowl. Layer with bean sprouts, cucumber, snowpeas, onion, peas & chicken.
 2. In a bowl, stir together sour cream, mayonnaise, splenda, curry and ginger. Spread evenly over salad. Decorate with cherry tomatoes, snowpeas, parsley. Cover and refrigerate overnight or until ready to serve.

Light Greek Pasta Salad

**Yields - 4 (2 cup) servings
or 8 (1 cup) servings**

1/4 recipe - 2 cups / 500 mL
275 calories 116 kilojoules

**2 bread/starch, 1/2 protein,
1 veg. / fruit, 1 1/2 fat**

**TOTAL FAT — 11.1 g fat
36% FAT**

1/8 recipe - 1 cup / 250 mL
137 calories 575 kilojoules

**1 bread/starch, 1/4 protein,
1 free vegetable ++, 3/4 fat**

**TOTAL FAT — 5.6 g fat
36% FAT**

| | | |
|---------|--|--------|
| 3 cups | dry rotini | 750 mL |
| 2 cups | fresh tomato, chopped | 500 mL |
| 1 cup | green pepper, chopped | 250 mL |
| 1 cup | cucumber, chopped | 250 mL |
| 1 | green onion, chopped | 1 |
| 1 Tbsp. | garlic chives, finely chopped (optional) | 15 mL |
| 1 Tbsp. | fresh oregano, finely chopped (optional) | 15 mL |
| 1 tsp. | dried oregano | 5 mL |
| 1/4 cup | olives, pitted & sliced (approx. 6) | 50 mL |
| 1/2 cup | feta cheese, shredded (2oz./ 56g) | 125 mL |
| 2 Tbsp. | olive oil | 30 mL |
| 2 Tbsp. | lemon juice or red wine vinegar | 30 mL |
| 2 Tbsp. | chicken broth | 30 mL |
| | ~ half salt or no salt ~ | |
| | ~ freshly ground pepper ~ | |
| 2 Tbsp. | parmesan cheese | 30 mL |

1. Cook rotini until al denté ~ approx. 15 minutes.
Drain. Mix with cold water to rinse.
Four cups of cooked rice may be substituted
for four cups cooked pasta.
2. Mix pasta or rice with next 9 ingredients.
Chill in fridge.
3. Just before serving, add the oil, lemon juice,
chicken broth, seasonings and parmesan cheese.
Serve on lettuce leaves.

Grilled Chicken & Red Onion Salad

Yields - 6 servings

1 serving

195 calories 819 kilojoules

**2 lean protein, 1 milk,
2 fat, 2 free vegetable ++**

TOTAL FAT - 9.5 g

44% FAT


*This is one of my family's
favourite suppers!*

Also nice with pork tenderloin.

*The sauce may be used
as a marinade for chicken
or pork ka-bobs.*

HAPPY HEART FACT

Did you know...

Vitamin C rich foods

*i.e. oranges, lemons, tomatoes,
kiwi, newly dug potatoes
enhance the absorption of calcium,
iron and protein from foods.*

*To reduce total fat intake,
serve this salad with crusty
French bread, fresh fruit,
a glass of low fat milk
for a total of 400 calories
(1680 kilojoules) and 23% fat.*

| | | | |
|------------|--|-------|------------|
| 4 boneless | skinless chicken breasts | | 4 |
| 1 large | red onion, sliced | | 1 |
| 1 | green pepper, sliced | | 1 |
| 1 | sweet red pepper, sliced | | 1 |
| 2 Tbsp. | olive oil | | 30 mL |
| 1/2 cup | chicken stock | | 125 mL |
| 1/4 cup | lemon juice | | 50 mL |
| 1 clove | garlic, crushed | | 1 |
| 2 Tbsp. | fresh oregano, chopped fine | | 30 mL |
| | or 1 tsp. dry oregano | | 5 mL |
| 2 Tbsp. | fresh basil, chopped fine | | 30 mL |
| | or 1 tsp. dry basil | | 5 mL |
| 1 tsp. | grainy Dijon mustard | | 5 mL |
| 1/4 tsp. | no-salt or half salt | | 1 mL |
| | ~ freshly ground pepper ~ | | |
| 8 cups | (or more) torn mixed greens | | 8 x 250 mL |
| 3/4 cup | feta cheese, grated | | 175 mL |
| | (or 3/4 cup grated 15% mozzarella cheese - 3 oz. or 84 g.) | | |

1. In a small saucepan, combine olive oil, chicken stock, lemon juice, garlic, oregano, basil, mustard, no-salt or half salt and pepper. Brush 1/4 cup (50 mL) over chicken, onion and peppers.
2. Grill chicken and vegetables on sprayed vegetable rack on B.B.Q. Grill chicken 6-7 minutes per side until golden brown and heated through.
3. Heat dressing.
4. Divide salad onto 6 plates.
5. Slice grilled chicken and place approx. 2 oz. (60 grams) on top of salad greens. Place grilled vegetables around chicken. Sprinkle salads with feta cheese. Pour warm dressing over salads. Serve with crusty French bread.

Pineapple Rice Chicken Salad

Yields - 4 servings

1 serving = 1 cup
280 calories 1180 kilojoules

**2 protein, 1 bread/starch,
1 fat, 1 fruit**

**TOTAL FAT - 5.2 g
17% FAT**



HAPPY HEART FACT

*After puberty, the body's number
of fat cells remain fairly constant.*

*When you gain weight
these cells expand.*

*When you lose weight,
they shrink.*



| | | |
|---------|---|--------|
| 2 cups | cooked chicken, cubed | 500 mL |
| 2 cups | cooked rice | 500 mL |
| 1 can | pineapple chunks in own juice, drained ... (14 oz. / 398 mL) - save 2 Tbsp. / 30 mL juice for dressing | 1 |
| 1/2 cup | celery, chopped | 125 mL |
| 1 | green onion, chopped | 1 |
| 2 Tbsp. | sunflower seeds | 30 mL |

DRESSING:

| | | |
|---------|------------------------------|--|
| 1/4 cup | Ultra light mayonnaise | 50 mL (24 calories / 1 Tbsp. / 15 mL) |
| 1/4 cup | pineapple chunks | 50 mL (from 14 oz. can above) |
| 2 Tbsp. | pineapple juice | 30 mL |
| 1 tsp. | Splenda | 5mL |

1. Combine all dressing ingredients in blender.
2. Mix chicken, rice, pineapple, celery and onion.
3. Toss with dressing.
4. Cover and refrigerate – 4 hours or until cold.
Serve on lettuce leaves. Sprinkle seeds on top.

Tuna Waldorf Pasta Salad

Yields • 4 servings (6 cups / 1.125 L)

1 serving = 1 1/2 cups / 375 mL
295 calories 1240 kilojoules

**2 protein, 1 bread/starch,
1 fat, 1 fruit**

**TOTAL FAT - 4.4 g per serving
13% FAT**


*This makes a light refreshing
summer lunch or supper.*

HAPPY HEART OUTLOOK

*Feed your muscles by eating
high carbohydrate foods
(i.e. potatoes, rice, pasta, bread,
low fat muffins, fruit, vegetables,
low fat yogurt, milk)
rather than feeding fat cells.*

| | |
|---------|--|
| 1 cup | uncooked small macaroni shells 250 mL |
| 1 can | tuna (6.5 oz. / 184 g) 1 in spring water or broth, drained |
| 2 cups | red & green apples, 500 mL chopped with skin |
| 1 cup | skim milk cheese with cheddar 250 mL flavouring, 7% BF, shredded (4 oz. / 112g) |
| 1 cup | celery, chopped 250 mL |
| 1/2 cup | ultra light mayonnaise 125 mL (@ 24 calories / Tbsp. / 15 mL) |
| 2 Tbsp. | frozen pink lemonade concentrate ... 30 mL |

1. Cook macaroni until al denté and rinse with cold water. Refrigerate until ready to use.
2. Drain tuna. Flake with fork.
3. Combine apples with lemonade concentrate.
Add celery, tuna, cheese, mayonnaise and macaroni.
4. Chill thoroughly. Serve on lettuce-lined plates.





Poultry

Asparagus Chicken

Breaded Orange Chicken Breasts

Chicken Diane

Chicken Pot Pie with Biscuits

Chicken with Pineapple Citrus Sauce

Company Sesame Garlic Chicken

Crispy Baked Chicken with Herbs

Crunchy Chicken Cordon Bleu

Curried Chicken Tetrazzini

Dijon Mustard Chicken with Rosemary and Pasta

Honey Mustard Crumb Chicken

Laua Chicken

Light Sweet and Sour Chicken

Mexican Salsa Chicken (or Chicken Parmesan)

Pasta with Shrimp and Grilled Chicken

Quick and Easy Chicken Fajitas

Savory Lemon Chicken

Spinach Stuffed Chicken Breasts

Stuffed Breasts of Chicken with Pineapple Sauce

Zesty B.B.Q'ued Chicken

Asparagus Chicken

Yields - 4 servings

1 serving = 1 roll up
211 calories 886 kilojoules

3 lean protein, 1 milk, 1/2 fat

TOTAL FAT - 8 g / serving

35% FAT


*Partially cooked broccoli
could be substituted
for asparagus in this recipe.*



HAPPY HEART OUTLOOK

*We all need at least 8 glasses
of water per day to help prevent
dehydration and to rev up our
metabolisms by carrying nutrients
to body cells and getting rid of wastes.*

*When we exercise,
we need even more water.*



| | | |
|---------|--|--------|
| 4 | chicken breasts (4 oz. / 112 g each) | 4 |
| 1/2 cup | mozzarella cheese, 15% BF, grated ... | 125 mL |
| 8 | asparagus spears (2 oz./58 g) | 8 |
| | (canned or fresh cooked - 5 minutes) | |
| 2 tsp. | margarine, melted | 10 mL |
| | ~ lemon juice ~ | |
| 4 | soda crackers, crushed | 4 |
| | ~ Mrs. Dash salt free lemon seasoning ~ | |
| | ~ freshly ground pepper, onion powder garlic powder ~ | |

1. Flatten chicken breasts with edge of saucer.
2. Place 2 asparagus spears on top of each breast.
3. Place 2 Tbsp. cheese on asparagus.
4. Sprinkle with lemon juice.
5. Roll up. Fasten with toothpicks. Place seam side down in baking dish.
6. Drizzle with melted margarine, lemon juice, crumbs and seasonings as desired ie. Mrs. Dash salt free lemon seasoning, freshly ground pepper, onion powder and garlic powder.
7. Bake in 350°F / 180°C oven for 35 - 40 minutes. Remove toothpicks. Freezes well.

Breaded Orange Chicken Breasts

Yields - 4 servings

1 serving

220 calories 924 kilojoules

3 lean protein, 1 veg. / fruit, 1 fat

TOTAL FAT - 7 g per serving

28% FAT



*This coating can also be used
to make chicken fingers.*



HAPPY HEART OUTLOOK

*Make an "appointment" each day
in your schedule for exercise.*

Make it happen!

| | | |
|---------|--|-------|
| 4 | chicken breasts (4 oz. / 112 g each) | 4 |
| | (deboned and skinned) | |
| | ~ two egg whites or one egg ~ | |
| 1 | orange - juice and rind | 1 |
| 12 | low fat wheat crackers, crushed | 12 |
| 1 Tbsp. | sesame seeds | 15 mL |
| 2 tsp. | margarine, melted | 10 mL |
| | paprika, half-salt (or no salt) | |
| | freshly ground pepper | |

1. Dip chicken in beaten egg and orange juice.
2. Combine cracker crumbs, sesame seeds, orange rind, paprika, half-salt (no salt) and pepper in plastic bag.
3. Put chicken in bag and shake. Place chicken on baking pan sprayed with nonstick cooking spray.
4. Drizzle with melted margarine and paprika, half salt and pepper. Bake in 350°F / 180°C oven for 45-50 minutes until golden brown.

yummy

Chicken Diane

Yields - 4 servings

1 serving

195 calories 819 kilojoules

3 lean protein, 1/2 fat, 1 free vegetable ++

TOTAL FAT - 5.4 g

25% FAT



*Mmmm...
...gourmet fare!*

| | | |
|----------|--|--------|
| 4 | chicken breasts, deboned & skinned (4 oz. / 112 g each) | 4 |
| | nonstick cooking spray | |
| 2 Tbsp. | flour | 30 mL |
| 2 Tbsp. | green onions, chopped | 30 mL |
| 1 clove | garlic, crushed | 1 |
| 2 tsp. | margarine | 10 mL |
| 2 Tbsp. | grainy dijon mustard | 30 mL |
| 1/2 cup | dry, white wine (or chicken broth) ... | 125 mL |
| 1/2 tsp. | Worcestershire sauce | 2 mL |
| 2 Tbsp. | dry cooking sherry (or chicken broth) | 30 mL |
| 1/2 cup | light sour cream, 1% B.F. | 125 mL |
| 1 tsp. | low fat, low sodium chicken granules ... | 5 mL |
| | freshly ground pepper | |

1. Spray a teflon pan with nonstick cooking spray.
2. Cut chicken into strips. Dust with flour. Brown chicken. Remove chicken.
3. Add margarine, onions and garlic to pan. Cook until onion is tender.
4. Add mustard, wine, Worcestershire sauce, sherry and cook until about 1/2 of the liquid has evaporated.
5. Add sour cream, broth granules and freshly ground pepper. Pour over chicken. Bake in a 350°F / 180°C oven for 25 minutes.
6. Serve with noodles or rice.

Chicken Pot Pie with Biscuits

Yields - 6 servings

1 serving

320 calories1344 kilojoules

1 1/2 lean protein,
1 1/2 bread/starch,
1 veg. / fruit, 1 free vegetable ++,
1 milk, 1 fat

TOTAL FAT - 8.5 g per serving

24% FAT



*To cook perfectly tender chicken
for casseroles:*

1. Bring 3 cups / 750 mL chicken broth to a boil.
2. Drop raw chicken cut into smaller pieces into broth.
3. Cover. Turn off heat. Leave for 20 minutes. Voilá! Succulent moist chicken.

BISCUITS:

1 cup all purpose flour.....250 mL
1 Tbsp. sugar.....15 mL
1 1/2 tsp. baking powder.....7 mL
1 tsp. dried parsley5 mL
1/8 tsp. half salt1/2 mL
1/3 cup skim milk75 mL
2 Tbsp. margarine.....30 mL

BASE:

| | | |
|------------|---|-----------------------------------|
| 1 Tbsp. | margarine | 15 mL |
| 1 cup | onion, chopped | 250 mL |
| 1/4 cup | all purpose flour..... | 50 mL |
| 1/2 tsp. | half salt or no salt | 2 mL |
| 1/4 tsp. | freshly ground pepper | 1 mL |
| 1/4 tsp. | poultry seasoning | 1 mL |
| 1/4 tsp. | dried basil | 1 mL |
| 1/4 tsp. | dried savory | 1 mL |
| 2 1/2 cups | 1% or skim milk | 625 mL |
| 1 Tbsp. | Worcestershire sauce | 15 mL |
| 1 pkg. | low sodium, chicken flavoured bouillon granules | 1 |
| 2 cups | chicken, cooked and cubed | 500 mL |
| 2 cups | frozen mixed vegetables | 500 mL (or 1 small bag - 350g) |
| 2 Tbsp. | grated light Parmesan, 16% B.F..... | 30 mL |



1. Heat oven to 375°F/190°C.
2. For base, heat margarine in teflon pan. Add onion. Cook until tender.
3. Add flour and seasonings.
4. Add milk, Worcestershire sauce and bouillon.
5. Return to medium heat. Cook and stir until mixture comes to a boil and thickens.
6. Add chicken, vegetables and cheese. Heat thoroughly. Pour into 2 qt./2 L. casserole.
7. For biscuits: combine flour, sugar, baking powder, parsley and salt. With a pastry blender work in margarine until crumbly. Make a well in center. Pour in milk. Toss gently until moistened. Dough will be sticky. Turn out onto floured surface. Knead gently. Lightly pat into 1/2" / 2 cm. thickness. Use a cookie cutter to cut out biscuits. Place on top of hot chicken mixture. Bake for 30 - 35 minutes until biscuits are golden brown and casserole is bubbling hot.

Chicken with Pineapple Citrus Sauce

Yields - 4 servings

1 serving
= 3 oz./84 g. cooked chicken
+ 1/4 cup/50 mL sauce
235 calories 987 kilojoules

3 lean protein, 1 1/2 fruit, 1/2 fat

TOTAL FAT - 5 g per serving

19% FAT



This sauce may also be served over B.B.Q.'d chicken or pork tenderloin.



| | | |
|----------|--|------------------------|
| 4 | deboned, skinned chicken breast | 4 |
| 1 can | pineapple chunks in own juice | 1 (14 oz. / 398 mL) |
| 2 Tbsp. | flour | 30 mL |
| 1/4 tsp. | half salt (or no salt) | 1 mL |
| 1/4 tsp. | thyme | 1 mL |
| 1/4 tsp. | sage | 1 mL |
| 1/4 tsp. | paprika | 1 mL |
| 1/8 tsp. | freshly ground pepper..... | 1/2 mL |
| 1 tsp. | margarine | 5 mL |
| 1 tsp. | olive oil | 5 mL |
| 1/2 | orange (grated peel and juice of)..... | 1/2 |
| 1/2 | lemon (grated peel and juice of) | 1/2 |
| 1 pkg. | low sodium chicken granules | 1 |
| 1 clove | garlic, crushed | 1 |
| 1 Tbsp. | cornstarch | 15 mL |
| 1/4 cup | cold water | 50 mL |

1. Drain pineapple. Reserve juice (1/2 cup / 125 mL).
2. Combine seasonings and flour in shallow bowl. Coat chicken strips. In large nonstick skillet combine oil and margarine. Brown 1/2 of chicken and set aside. Repeat with remaining chicken. Remove chicken.
3. In same skillet combine reserved pineapple juice, orange peel and juice, lemon peel and juice, bouillon and garlic. Bring to boil.
4. Combine cornstarch and water until smooth. Add to pineapple mixture and cook over medium heat until thickened and smooth.
5. Add browned chicken and pineapple. Heat and serve over rice.

Company Sesame Garlic Chicken

Yields - 6 servings

1 serving = 1 chicken breast
235 calories 987 kilojoules

3 lean protein, 1 veg. /fruit, 1 fat

TOTAL FAT - 7 g per serving

28% FAT

HAPPY HEART FACT

Did you know?...

... that adding exercise to a reduced calorie diet not only burns more calories but helps prevent the loss of muscle and loss in metabolic rate that usually accompanies dieting.

| | | |
|----------|--|---------------------------|
| 6 | deboned, skinned chicken breasts | 6 (4 oz. / 112 g each) |
| 2 cups | low fat buttermilk | 500 mL |
| 2 Tbsp. | flour | 30 mL |
| 1 | egg (or 2 egg whites) | 1 |
| 1 clove | garlic, crushed | 1 |
| 1 | lemon, juiced | 1 |
| 18 | low fat crackers crushed | 18 |
| 1 Tbsp. | sesame seeds | 15 mL |
| 1 tsp. | oregano leaves, dried | 5 mL |
| 1/2 tsp. | garlic powder | 2 mL |
| 1 Tbsp. | margarine, melted | 15 mL |
| | ~ half salt (or no salt) ~ | |
| | ~ freshly ground pepper ~ | |

1. Place chicken in a 9 x 13 inch (23 1/2 cm. x 33 1/2 cm.) pan. Cover with buttermilk. Cover with saran. Place in fridge overnight or all day.
2. Take chicken out of buttermilk and sprinkle with flour.
3. Mix egg, garlic, lemon juice.
Dip chicken in egg mixture.
4. Combine cracker crumbs, sesame seeds, oregano, garlic, half salt and pepper. Dip chicken into crumbs.
5. Place in pan sprayed with nonstick cooking spray. Drizzle with margarine. Bake in a 350 ° / 180°C oven 30 - 35 minutes. Serve with cranberry sauce.

Crispy Chicken with Herbs

Yields • 6 servings

1 serving

225 calories 945 kilojoules

**3 lean protein, 1 1/2 milk,
1 veg. / fruit**

TOTAL FAT • 6.1 g per serving

25% FAT



*A very special dietitian friend
of mine served me this
for supper when I was visiting
and now I'm sharing it with you.
It's really delicious!*

| | | |
|----------|---|--------|
| 6 | skinned chicken breasts with bone | 6 |
| 2 Tbsp. | flour | 30 mL |
| 3/4 cup | low fat plain yogurt | 175 mL |
| 1 tsp. | lemon juice | 5 mL |
| 1/4 tsp. | thyme | 1 mL |
| 1/4 tsp. | basil | 1 mL |
| 1/4 tsp. | rosemary, crushed | 1 mL |
| 1 | green onion, chopped | 1 |
| 12 | snackwell crackers, crushed | 12 |
| 1 cup | skim milk cheese product with cheddar flavoring 7 % B.F., grated (4 oz. / 112 g) | 250 mL |
| | half salt (or no salt) and freshly ground pepper | |

1. Lightly dust chicken with flour.
2. Combine yogurt, spices, onion, lemon juice, half salt and pepper. Spoon generously over chicken to coat.
3. Mix cracker crumbs and cheese and spoon evenly over chicken.
4. Bake in a 350 °F / 180°C oven for 45 - 55 minutes until golden. (Fresh herbs may be used if available. 1/4 cup/50 mL fresh = 1 tsp. / 5 mL dry).

Crunchy Chicken Cordon Bleu

Yields - 4 servings

1 serving
270 calories 1134 kilojoules

**3 lean protein, 1 milk,
1 bread/starch, 1/2 fat**

**TOTAL FAT - 9 g per serving
29% FAT**

| | |
|---|---|
| 4 | chicken breasts, deboned, skinned..... (4 oz. / 112 g. raw each).....4 |
| 2 | ham slices, light2 |
| 1/2 cup | mozzarella cheese, shredded125 mL 15% B.F. (2 oz. / 56 g) |
| 2 Tbsp. | + 2 tsp. honey dijon mustard40 mL |
| 2 cups | cornflakes500 mL |
| 1 tsp. | dried parsley5 mL |
| 1/2 tsp. | garlic powder2 mL |
| 1/4 cup | milk (or orange juice)50 mL |
| 1 Tbsp. + 1 tsp. light margarine melted | ...15 mL. + 5 mL |
| | ~ freshly grated pepper ~ |
| | ~ half salt or no salt ~ |

1. Rinse chicken. Pat dry. Using the edge of a saucer, pound chicken lightly until 1/4" / 1 cm. thick.
2. Spread each breast with 2 tsp. / 10 mL mustard.
3. Place 1/2 slice ham and 2 Tbsp. / 30 mL mozzarella cheese on each chicken piece.
4. Roll up jelly roll style. Secure with wooden toothpicks.
5. Crush cornflakes. Place in a plastic bag. Add seasonings. Dip chicken rolls in milk or orange juice in a pie plate and dip in crumbs and seasonings in bag.
6. Drizzle with melted margarine. Bake in 350°F / 180°C oven for 35 minutes. Remove toothpicks.

Curried Chicken Tetrazzini

Yields - 6 servings

1 serving

410 calories 1722 kilojoules

3 lean protein, 2 bread/starch,
1 veg. / fruit, 1 free vegetable ++,
1 fat, 1/2 milk

TOTAL FAT - 12 g

27% FAT



A great way to use up
leftover chicken or turkey!



| | | |
|--|--|--|
| 3 cups | cooked noodles (2 cups/500 mL dry) | 750 mL |
| 1 can (284 mL) whole mushrooms drained & sliced..... | 1 | |
| 2 Tbsp. | margarine | 30 mL |
| 1/4 cup | all purpose flour | 50 mL |
| 2 cans | (10 fl. oz./284 mL) low sodium, low fat chicken broth, Campbell's Healthy Request | 2 |
| 1/2 cup | evaporated <u>skim</u> milk | 125 mL |
| 1 tsp. | curry | 5 mL |
| 3 cups | chicken, cooked and cubed | 750 mL |
| 1/2 cup | low fat, swiss cheese | 125 mL grated 17% B.F. (2 oz. / 56 g) |
| 1/2 cup | low fat, mozzarella cheese | 125 mL grated 15% B.F. (2 oz. / 56 g) |
| 3 cups | broccoli florets | 750 mL |

CRUMB TOP:

| | | |
|---------|---|-------------------|
| 2 | slices whole wheat bread |2 |
| 1 tsp. | margarine |5 mL |
| 1/2 cup | skim milk cheese with cheddar flavoring, shredded, | 125 ml 7% B.F. |

1. Preheat oven to 325°F / 160°C. Lightly coat a 9"x13" (4L) pan with nonstick cooking spray. Cook noodles just until tender ~ approximately 10 minutes. Drain.
2. Place margarine and flour in a microwaveable bowl. Place on high in microwave for 1 1/2 minutes. Stir. Add broth. Stir well. Cook 2-3 minute in microwave, stirring every 30 seconds. Add evaporated milk, curry and grated cheese. Heat in microwave until cheese melts. Add noodles to sauce.
3. Cook broccoli for 2 1/2 minutes. Place diced, cooked chicken and broccoli in baking pan. Pour noodles and sauce evenly on top.
4. Place bread, cheese and margarine in food processor. Spread over top of casserole. Bake 35 minutes or until bubbling hot and golden on top.

Dijon Mustard Chicken with Rosemary and Pasta

Yields - 6 servings

1 serving = 3/4 cup / 175 mL
sauce + 1 cup / 250 mL pasta
380 calories 1596 kilojoules

**2 lean protein, 2 bread/starch,
2 fat, 1 veg. / fruit**

TOTAL FAT - 5 g per serving

24% FAT

| | | |
|---------|--|---|
| 4 | chicken breasts, deboned, skinned and cut into cubes (4 oz. / 112 g each) | 4 |
| 2 | green onions, chopped ~ cooking spray ~ | 2 |
| 1/4 cup | margarine 50 mL | |
| 1/4 cup | flour 50 mL | |
| 2 cans | low fat, low sodium chicken broth (10 oz./ 284 mL) Campbell's Healthy Request | 2 |
| 1/4 cup | 1% milk 50 mL | |
| 1/2 cup | light 1% sour cream 125 mL | |
| 2 Tbsp. | grainy Dijon mustard 30 mL | |
| 2 tsp. | rosemary, crushed 10 mL | |
| 6 cups | cooked pasta 1.5 L | |

1. Spray teflon pan with cooking spray. Add chicken cubes and green onion. Cook until golden brown and cooked throughout. Set chicken and onions aside.
2. Add margarine to pan. Melt. Add flour. Cook 1 minute. Add broth and milk. Slowly bring to a boil stirring constantly. Stir until mixture thickens.
3. Add sour cream, mustard and rosemary. Add chicken and onions. Serve 3/4 cup sauce / 175 mL over 1 cup / 250 mL pasta.

Honey-Mustard Crumb Chicken

Yields - 4 servings

1 serving

175 calories 735 kilojoules

3 lean protein, 1/4 fat, 1 sugar

TOTAL FAT - 4 g per serving

23% FAT

HAPPY HEART FACT

Did you know...

...that spices are all low in calories?

*For example, 1 tsp. cinnamon has
only 6 calories, nutmeg has 12
and herbs such as sage, rosemary
and thyme have even fewer.*

| | |
|----------|---|
| 4 | chicken breasts, deboned and skinned 4 (4 oz. / 112 g. each) |
| 1/8 tsp. | half salt or no salt 1/2 mL |
| 1/8 tsp. | freshly ground pepper 1/2 mL |
| 1 Tbsp. | honey 15 mL |
| 1 Tbsp. | light margarine 15 mL |
| 2 tsp. | grainy dijon mustard 10 mL |
| 1/2 tsp. | curry powder 2 mL |
| 1 Tbsp. | chicken broth 15 mL |
| 1/2 cup | cornflake crumbs 125 mL |

- 
1. Place chicken in a baking pan sprayed with nonstick cooking spray.
 2. Combine honey, margarine, curry, mustard and broth. Simmer over medium heat for 2 minutes. Drizzle over chicken breasts.
 3. Sprinkle with crumbs. Top with seasoning. Bake in 350°F / 180°C oven for 30 - 35 minutes until chicken is done. Serve.

Luau Chicken

Yields - 4 servings

1 serving

195 calories 824 kilojoules

3 lean protein, 1 fruit & 1 sugar

TOTAL FAT - 3 g per serving

14% FAT



This is a great dish to freeze and put in the oven on "time-bake".



HAPPY HEART OUTLOOK

Exercise helps to produce stronger bones, better control of blood sugar, higher good or "HDL" cholesterol, more vigor, a greater sense of well being, improves the immune system and improves the circulation.

| | | |
|----------|---|---------------------------|
| 4 | deboned, skinned chicken breasts | 4 (4 oz. / 112 g each) |
| 1 jar | pureed baby food peaches (7 1/2 oz. / 213 mL) | |
| 1/3 cup | vinegar..... | 75 mL |
| 1/3 cup | ketchup | 75 mL |
| 2 Tbsp. | low sodium Soy Sauce | 30 mL |
| 1 clove | garlic, crushed | 1 |
| 1/2 tsp. | ground ginger | 2 mL |
| 2 Tbsp. | brown sugar | 30 mL |
| 1 Tbsp. | splenda (if desired) | 15 mL |

1. Preheat oven to 350°F / 180°C.

2. Combine all ingredients. Pour over chicken.

Bake in 350 °F / 180°C oven for 35 - 40 minutes.

To have a thicker sauce, combine ingredients and cook in microwave or on top of stove for 5 minutes and then pour over chicken. Delicious served over rice.



Light Sweet & Sour Chicken

Yields • 4 servings

1 serving

300 calories 1260 kilojoules

**2 1/2 lean protein, 1 bread/starch,
1 fruit, 1 veg. / fruit, 1/2 fat**

TOTAL FAT - 10.4 g per serving

10% FAT


*This is not only very attractive
on a plate but delicious!
Company fare for sure!*

| | | |
|----------|--|---------------------------|
| 3 | deboned, skinned chicken breasts | 3 (4 oz. / 112 g each) |
| 1 tsp. | olive oil | 5 mL |
| 1 cup | green & red pepper strips | 250 mL |
| 1 Tbsp. | cornstarch | 15 mL |
| 1/4 cup | sodium reduced soy sauce | 50 mL |
| 1 can | pineapple chunks in own juice | 1 (14 oz. / 398 mL) |
| 3 Tbsp. | vinegar..... | 45 mL |
| 1 Tbsp. | brown sugar | 15 mL |
| 2 Tbsp. | splenda | 30 mL |
| 1/2 tsp. | ground ginger | 2 mL |
| 1/2 tsp. | garlic powder | 2 mL |
| 2 cups | cooked brown or white rice | 500 mL |

- 
1. Spray teflon pan with cooking spray. Add oil. Heat. Cook and stir chicken in oil until well browned. Add peppers. Cook and stir 1-2 minutes longer.
 2. Mix cornstarch and soy sauce. Add pineapple juice, vinegar, sugar, sweetener, ginger and garlic powder. Add this to pan. Bring to a full boil. Add pineapple and heat through.
 3. Serve chicken over hot rice.

Mexican Salsa Chicken (or Chicken Parmesan)

Yields - 4 servings

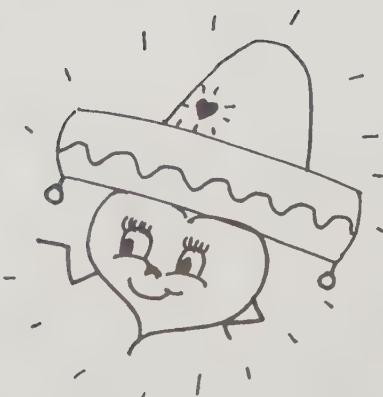
1 serving = 1 breast
240 calories1008 kilojoules

3 lean protein, 1 veg. / fruit, 1 1/2 milk

**TOTAL FAT - 7.8 g per serving
29% FAT**

| | | |
|----------|--|--------|
| 4 | chicken breasts, deboned & skinned (4 oz. / 112 g each) | 4 |
| 1/3 cup | bread crumbs ~ dash half salt or no salt ~ ~ dash pepper, freshly ground ~ | 75 mL |
| 1/8 tsp. | garlic powder | 1/2 mL |
| 1/8 tsp. | cumin | 1/2 mL |
| 2 tsp. | light margarine, melted | 10 mL |
| 1/4 cup | mild tomato salsa | 50 mL |
| | or | |
| 1/2 cup | low fat spaghetti sauce (for Parmesan Chicken version) | 125 mL |
| 3/4 cup | grated low fat mozzarella cheese..... 15% B.F. (3 oz. / 84 g) | 175 mL |

1. Preheat oven to 350°F / 180°C. Spray a cookie sheet with nonstick cooking spray.
2. Dip chicken in water. Place bread crumbs and seasonings in a plastic bag. Add chicken. Shake bag to coat chicken well.
3. Place chicken on cookie sheet. Drizzle with melted margarine. Bake in a 350°F / 180°C oven for 30 minutes. Remove from oven. Place 1 Tbsp. / 15 mL salsa or 2 Tbsp. / 30 mL spaghetti sauce on top of each chicken piece. Sprinkle evenly with grated cheese. Bake 5 - 7 minutes more until cheese melts. Serve.



Pasta with Shrimp & Grilled Chicken

Yields - 6 servings

1 serving = 2 cup / 500 mL portion
250 calories 1050 kilojoules

**2 lean protein, 1 bread/starch,
1 fat, 1 veg. / fruit**

TOTAL FAT - 6.9 g per serving

25% FAT



*This is a lovely
colourful company dish.*



| | | |
|------------|--|--------|
| 2 | deboned, skinned chicken breasts, grilled (4 oz. / 112 g each) | 2 |
| 2 Tbsp. | olive oil (divided) | 30 mL |
| 2 | green onions, chopped | 2 |
| 1 cup | red & green peppers, sliced | 250 mL |
| 1 1/2 cups | fresh mushrooms, sliced | 375 mL |
| 1 small | zucchini, cut into strips | 16 oz. |
| | shrimp (24 large) cooked or raw | 168 g |
| 3 cups | cooked penne pasta | 750 mL |
| 1 clove | garlic, crushed | 1 |
| 1 large | tomato, diced | 1 |
| 1/4 cup | light parmesan cheese, 16% B.F. | 50 mL |
| 2 Tbsp. | lemon juice | 30 mL |
| | ~ half salt or no salt ~ | |
| | ~ freshly ground pepper ~ | |

1. Cut grilled chicken into cubes.
2. In a large teflon pan, heat 1 Tbsp. / 15 mL oil and add onion, peppers, mushrooms and zucchini. Stir fry until tender crisp or about 3 minutes. Transfer to a bowl.
3. In skillet, add remaining oil and cook shrimp and garlic. Cook for about 3 minutes or until shrimp is opaque. Add tomato and cook for one minute.
4. Combine shrimp, chicken, vegetables and all juices to cooked pasta. Reheat. Add parmesan cheese and lemon juice. Add half salt or no salt and freshly ground pepper to taste. Serve.

Quick & Easy Chicken Fajitas

Yields - 4 servings

1 serving

260 calories 1092 kilojoules

**1 1/2 lean protein,
1 bread/starch, 2 milk
1 free vegetable ++**

TOTAL FAT - 2 g per serving

21% FAT



These can also be made with lean beef, pork, or lean ground beef.

| | |
|---|--|
| 4 | deboned, skinned chicken breasts (Diced) ... 4 (4 oz. / 112 g each) |
| 1 | medium green pepper, cut into strips 1 |
| 1 | small onion, sliced 1 |
| ~ cumin, chili powder & freshly ground pepper ~ | |
| 1/4 cup | salsa 50 mL |
| 4 | flour tortilla (35 g each / 100 calories each) ... 4 |
| 1 cup | grated mozzarella cheese, 15% B.F. ... 250 mL (4 oz. / 112 g) |
| 4 tsp. | light sour cream, 1 % B.F. 20 mL |
| shredded lettuce, cut up tomato | |

1. Cut chicken into thin strips.
2. Spray teflon pan with nonstick cooking spray.
Heat until hot. Add chicken strips, peppers and onion.
3. Sprinkle with cumin, chili powder and pepper
to suit your taste.
4. On each warmed tortilla place 1/4 of the chicken,
onion & the peppers.
5. Top with 1 Tbsp. (15 ml) salsa, 1/4 cup (28g)
mozzarella cheese. Place under broiler until
cheese melts.
6. Add lettuce, tomato and light sour cream.
Roll up and enjoy!



Savory Lemon Chicken

Yields - 4 servings

1 serving

190 calories 798 kilojoules

3 lean protein, 1 fat

TOTAL FAT - 7 g per serving

32% FAT



*This has the
most tantalizing
aroma while cooking!*

| | | |
|----------|---------------------------------------|--|
| 3 Tbsp. | flour | .45 mL |
| 1/2 tsp. | half salt or no salt | 2 mL |
| 1/4 tsp. | pepper | 1 mL |
| 4 | deboned, skinned chicken breast | 4 (4 oz. / 112 g each) cut into cubes |
| 1 | onion, medium | 1 |
| 1 Tbsp. | olive oil | 15 mL |
| 1 Tbsp. | light margarine | 15 mL |
| 1 cup | low fat, low sodium chicken broth .. | 250 mL |
| 3 Tbsp. | lemon juice (divided) | 45 mL |
| 1/2 tsp. | savory (or thyme)..... | 2 mL |
| | ~ Lemon wedges & parsley flakes | |

1. Combine flour, half salt & pepper and mix well. Lightly coat chicken breasts with mixture. Remove chicken and save excess seasoned flour.
2. In large skillet, warm 1 Tbsp. / 15 mL oil over medium heat. (Skillet may also be sprayed lightly with cooking spray.) Add chicken. Brown on one side for about 5 minutes. Turn chicken and brown well on second side for about 5 minutes. Remove chicken to a plate.
3. Finely chop the onion. Add margarine to the skillet. Add onion. Cook, stirring until onion is softened.
4. Stir in the reserved flour. Cook, stirring until the flour is completely incorporated – about one minute.
5. Add broth, 2 Tbsp. / 30 mL lemon juice and the savory (or thyme). Bring mixture to a boil, stirring constantly.
6. Return chicken to skillet. Cook covered on medium low heat for 10 - 15 minutes until chicken is tender and no longer pink. Add remaining 1 Tbsp. / 15 mL lemon juice. Garnish with lemon wedges and parsley. Serve with pasta or rice.

Spinach Stuffed Chicken Breasts

Yields - 6 servings

1 serving

225 calories 945 kilojoules

**3 lean protein, 1 milk, 1/2 fat,
1 free vegetable ++**

**TOTAL FAT - 8.3 g per serving
33% FAT**

| | | |
|----------|---|------------------------------|
| 6 | deboned, skinned chicken breasts | 6 (4 oz. / 112 g each) |
| 1 pkg. | (300 g) frozen spinach thawed | 1 <u>and WELL DRAINED</u> |
| 1 Tbsp. | margarine, divided..... | 15 mL |
| 2 | green onions, chopped | 2 |
| 2 cloves | garlic, crushed | 2 |
| 2 Tbsp. | light cream cheese | 30 mL |
| 3/4 cup | grated feta cheese (3 oz. / 84 g) | 175 mL |
| 2 Tbsp. | bread crumbs | 30 mL |
| | ~ lemon juice, lemon pepper & half salt ~ | |

1. With a meat tenderizer or edge of saucer, pound out chicken breasts until flattened.
2. Thaw spinach in microwave on high for nine minutes, stirring after 4 1/2 minutes. Place in sieve and press out excess water.
3. Spray a teflon pan with nonstick cooking spray. Add 1 tsp. (5 mL) of margarine. Add onion and garlic. Sauté until onion is tender.
4. Add cream cheese, feta cheese and spinach.
5. Divide into six portions. Place in center of chicken breasts. Roll up. Place in pan with seams down.
6. Drizzle with lemon juice, bread crumbs, 2 tsp. (10 mL) melted margarine, lemon pepper, & half salt. Bake in 350° F / 180°C oven for 35 minutes. Serve.

Stuffed Breasts of Chicken with Pineapple Sauce

Yields - 4 servings

1 serving

= 1 breast + 2 Tbsp. (30 mL) sauce
270 calories 1134 kilojoules

**3 lean protein, 1/2 fat,
1 bread/starch, 1/2 fruit**

**TOTAL FAT - 5.1 g per serving
17% FAT**

SAUCE:

1/2 can pineapple 1/2 can crushed, in own juice
(14 oz. / 398 mL)

2 Tbsp. diet marmalade....30 mL

1/2 tsp. parsley flakes.....2 mL

| | | |
|------------|--|-------|
| 4 | chicken breasts, deboned & skinned | 4 |
| | (4 oz. / 112 g each) | |
| 4 tsp. | light margarine | 20 mL |
| 1/4 cup | onion, chopped | 50 mL |
| 1/4 cup | celery, chopped | 50 mL |
| 4 | slices whole wheat bread, crumbed | 4 |
| 1 1/2 tsp. | poultry seasoning | 7 mL |
| 3 Tbsp. | milk, 1 % or skim | 50 mL |
| | ~ half salt or no salt & freshly ground pepper ~ | |

1. Melt margarine in a teflon pan. Add onion and celery. Sauté until onion is soft and clear. Remove from heat.
2. Add bread crumbs, seasonings and stir well.
3. Add milk. Stir to mix.
4. Divide evenly between 4 breasts which have been flattened with the edge of a saucer. Roll breasts up and secure with wooden toothpicks. Place in baking dish.
5. Combine all ingredients for sauce. Simmer for 3 minutes over medium heat. Spoon 1 Tbsp./30 mL sauce over each breast.
6. Bake in a 350°F / 180°C oven for 30 -35 minutes.
7. Slice each breast and arrange on plates. Warm remaining sauce and spoon over chicken slices. Serve.

"Zesty" Barbequed Chicken

Yields - 4 servings

1 serving

195 calories 819 kilojoules

3 lean protein + 1 veg. / fruit

TOTAL FAT - 4 g per serving

19% FAT

4 deboned, skinned chicken breast 4
(4 oz. / 112 g each)

SAUCE:

2/3 cup ketchup 150 mL
1/3 cup vinegar 75 mL
1 tsp. rosemary, crushed 5 mL
1/4 tsp. dry mustard 1 mL
1 clove garlic, crushed 1
1 green onion, chopped 1
1 tsp. margarine 5 mL
1 drop Tabasco 1

1. Preheat oven to 350°F / 180°C.

2. Combine all sauce ingredients. Bring to a boil and simmer for 5 minutes.

3. Pour over chicken.

4. This dish may be covered and frozen at this stage and cooked on "time-bake" or bake in 350°F / 180°C oven for 35 - 40 minutes.



Beef, Pork and Veal

Beef Casserole Supreme

Chinese Beef and Rice

Delicious Beef Stroganoff

Oven Porcupines

Pork Tenderloin in Sour Cream Sauce

Pot Roast with Salsa Gravy

Quick and Delicious Beef Cannelloni

Saucy Swiss Steak

Skillet Macaroni and Chili

Tammy's Quick Cabbage Roll Casserole

Tomato Beef Noodle Casserole

Veal Picatta



Beef Casserole Supreme

Yields - 5 servings

1 serving = 1 1/4 cup / 300 mL
380 calories 1596 kilojoules

**2 1/2 protein, 1 bread/starch,
1 veg. / fruit, 1 free vegetable ++,
1 milk**

TOTAL FAT - 11.8 g per serving

28% FAT

*This casserole has a lovely
“creamy” tomato sauce.*

| | | |
|---------|---|--------|
| 2 cups | raw spaghetti broken up | 500 mL |
| 1 lb. | lean ground beef | 500 g |
| 1/2 cup | onion, chopped | 125 mL |
| 1 can | stewed tomatoes <u>drained</u> (14 oz./ 398 mL) ... | 1 |
| 1 can | tomato soup (10 oz./284 mL) | 1 |
| 1 cup | 1% cottage cheese | 250 mL |
| 2 Tbsp. | light cream cheese | 30 mL |
| | half salt or no salt and freshly ground pepper | |

1. Cook spaghetti noodles in boiling water for 10 minutes or until al denté. Drain.
2. Cook ground beef with onion in teflon pan sprayed with nonstick cooking spray. Drain off any fat with paper towel.
3. Pureé tomatoes (drained), soup, cottage cheese and light cream cheese in blender.
4. Combine all ingredients. Season to taste. Heat and serve.



Chinese Beef and Rice

 Yields • 8 servings

1 serving = 1 1/4 cup (300 mL)
340 calories 1428 kilojoules

**2 protein, 2 bread /starch,
1 veg. / fruit, 2 free vegetable ++
& 1/2 fat**

**TOTAL FAT - 8.3 g per serv-
ing**

22% FAT



*This is a good way
to use leftover roast beef.*

| | | |
|-----------|--|--------|
| 1 lb. | lean sirloin steak | 500 g |
| | (or 3 cups/750 mL cut up roast beef) | |
| 1 1/3 cup | uncooked rice | 325 mL |
| 1 Tbsp. | olive oil..... | 15 mL |
| 2 cans | low fat, low sodium beef broth | 2 |
| | (10 oz. / 284 mL) Campbell's Healthy Request | |
| 1/2 cup | water | 125 mL |
| 2 Tbsp. | low sodium soya sauce | 30 mL |
| 4 | green onions, chopped | 4 |
| 2 | green peppers, chopped | 2 |
| 4 | stalks celery, chopped | 4 |

1. Cut sirloin steak into 1" (2.5 cm.) cubes. In a large teflon pan sprayed with cooking spray, heat oil over medium high heat. Cook beef cubes 3-4 minutes on each side or until browned. Remove beef to plate and set aside.
2. In same skillet, brown rice until golden. Add beef broth, water and soya sauce. Cover tightly. Simmer 20 minutes.
3. Stir in onion, celery, green pepper and meat. Cover tightly. Simmer 10 minutes longer or until liquid is absorbed and rice is tender.

Delicious Beef Stroganoff

Yields - 6 servings

1 serving

430 calories 1800 kilojoules

**2 protein, 2 bread/starch,
1 veg. / fruit, 1 Free vegetable ++,
1 fat.**

TOTAL FAT - 10.7 g per serving

22% FAT

| | | |
|------------|--|---|
| 1 lb. | lean sirloin steak (partially frozen) | .500 g |
| 2 Tbsp. | all purpose flour..... | 30 mL |
| dash | half salt, freshly ground pepper ~ nonstick cooking spray ~ | |
| 1 1/2 cups | mushrooms, sliced | 375 mL |
| 1 | medium onion, chopped | 1 |
| 1 clove | garlic, crushed | 1 |
| 3 tsp. | olive oil..... | 15 mL |
| 1 can | low fat, low sodium beef broth | 1 (10 oz. / 284 mL) Campbell's Healthy Request |
| 2 Tbsp. | dry red wine (optional) | 30 mL |
| 1/4 cup | ketchup | 50 mL |
| 2 Tbsp. | all purpose flour..... | 30 mL |
| 2 Tbsp. | cold water | 30 mL |
| 3/4 cup | 1% light sour cream | 175 mL |
| 6 cups | cooked noodles | 1.5 L (4 cups / 1 L dry) |

1. Cook noodles according to package directions until firm but tender.
2. Cut beef on the bias into very thin bite size strips. Dust with 2 Tbsp. / 30 mL flour. Season with half salt and pepper.
3. Spray a large teflon pan with nonstick cooking spray. Add 1/2 oil and 1/2 meat, onion, garlic and mushrooms. Cook until meat is browned and vegetables are tender. Remove to platter. Cook second half of meat and vegetables. Remove from skillet.
4. Add broth, wine and ketchup to skillet. Stir up brown bits from bottom of pan. Add flour to 2 Tbsp./30 mL cold water. Stir until smooth. Add to broth mixture. Cook over medium high heat, stirring constantly until thickened and well cooked. 1-2 minutes.
5. Add beef and vegetables to thickened broth. Heat.
6. Add light sour cream. Stir in well. Heat but do not boil. Serve stroganoff over 1 cup/ 250 mL noodles/serving.



Oven Porcupines

Yields - 6 servings

1 serving = 4 meatballs
225 calories 945 kilojoules

**2 1/2 oz. protein, 1 veg. / fruit,
2 free vegetable ++**

**TOTAL FAT - 8.6 g per serving
34% FAT**

Make this dish the night before you want it. Seal tightly with tinfoil. Freeze. Place in a cold oven. Add baking potatoes placed on metal skewers and a whole acorn squash punctured with a knife. Place on a pan. Turn your oven "time-bake" on. This whole dinner cooks in a 350°F / 180°C oven in one hour. It's wonderful to come home to a cooked meal!

| | | |
|----------|--|--------|
| 1 lb. | lean ground hamburg (16 oz.) | 500 g |
| 1/2 cup | uncooked white rice | 125 mL |
| 1/2 cup | water | 125 mL |
| 1/2 cup | chopped onion..... | 125 mL |
| 1/4 tsp. | half salt or no salt | 1 mL |
| 1 clove | garlic, crushed | 1 |
| 1 tsp. | oregano leaves, dried | 5 mL |
| 1/2 tsp. | thyme | 2 mL |
| | freshly ground pepper | |
| 1 can | low sodium tomato sauce (14 oz. / 328) | ...1 |
| 1 cup | water | 250 mL |
| 1 tsp. | Worcestershire sauce | 5 mL |

1. Heat oven to 350° F / 180°C.
2. Mix meat, rice, 1/2 cup / 125 mL water, onion, garlic and seasonings. Shape into 24 meatballs. Placed in ungreased baking dish.
3. Stir together tomato sauce, water and Worcestershire. Pour over meatballs. Cover with aluminum foil. Seal tightly. Bake for 50 minutes. Uncover. Bake 10 minutes longer.

Pork Tenderloin in Sour Cream Sauce

Yields - 4 servings

1 serving
= 3 medallions + 1/4 cup/50 mL sauce
225 calories 945 kilojoules

3 protein, 1/2 fat, 1 1/2 tsp. sugar*
*if brown sugar is used

TOTAL FAT - 2.9 g per serving

12% FAT

| | | |
|----------------|---|---|
| 1 lb. (16 oz.) | lean pork tenderloin cut into 12 pieces ... | 500g |
| 1 can | beef bouillon, low fat, low sodium | 1 (10 oz. / 284 mL) Campbell's Healthy Request |
| 2 Tbsp. | brown sugar or brown sugar sugar twin ... | 30 mL |
| 2 Tbsp. | finely chopped onion | 30 mL |
| 2 Tbsp. | ketchup | 30 mL |
| 1 clove | garlic, minced | 1 |
| 2 Tbsp. | flour | 30 mL |
| 1/2 cup | 1% light sour cream | 125 mL |

1. Pound pork pieces into thin medallions.
2. Spray a teflon pan with cooking spray and brown pork medallions.
3. Add 1/2 can beef bouillon, brown sugar, onion, ketchup & garlic. Cover. Simmer 30 - 40 minutes or until tender.
4. In small bowl, combine flour and 1/2 can bouillon. Stir well until well combined and smooth. Add to cooking liquid, stirring constantly. Cook until thickened, approximately one minute. Stir in sour cream. Heat thoroughly. (Do not boil!) Serve sauce over pork tenderloin. Serve with pasta or rice.



Pot Roast with Salsa Gravy

Yields - 12 servings

1 serving

= 3 oz. / 84 g + 1/4 cup / 50 mL gravy
202 calories 848 kilojoules

3 protein

TOTAL FAT - 8.2 g per serving

36% FAT



*It is absolutely wonderful
to come home to a dinner
which is already prepared.*

*This goes well with
mashed potatoes.*



| | | |
|----------|---|--|
| 3 lb. | lean round roast, all fat removed | 1500 g |
| 1 Tbsp. | olive oil | 30 mL |
| | ~ freshly ground pepper ~ | |
| 1 can | low fat, low sodium beef broth | 1 (10 oz. / 284 mL) Campbell's Healthy Request |
| 1/4 cup | chili sauce | 50 mL |
| 1/2 cup | salsa | 125 mL |
| 1/2 cup | water | 125 mL |
| 2 cloves | garlic, crushed | 2 |
| 1 Tbsp. | lemon juice | 15 mL |
| 3 Tbsp. | flour | 45 mL |
| 3 Tbsp. | water | 45 mL |

1. Heat oven to 325° F / 160°C.
2. Sprinkle freshly ground pepper over roast.
Brown in olive oil.
3. Combine beef broth, chili, salsa, water, garlic and lemon juice. Pour over roast in roasting pan. Cover. Cook slowly in 325°F / 160° C oven for 3 hours or on low in a crock pot. If this is done the night before it is needed, put roast and juice in fridge and skim off any excess fat the next day.
4. Mix flour with water until it is smooth and gradually add to juices to thicken. Cook over medium high heat, stirring constantly 1 -2 minutes. Purée this gravy if you wish.
5. Slice roast very thinly and serve with gravy.
Freezes well.

Quick & Delicious Cannelloni

Yields - 5 servings

1 serving = 2 cannelloni
420 calories 1722 kilojoules

**4 protein, 2 bread/starch,
1 veg. / fruit & 1 free vegetable ++**

**TOTAL FAT - 14.6 g per serving
31% FAT**

HOMEMADE TOMATO SAUCE:

Yields 3 1/2 cups / 875 mL

342 calories 1226 kilojoules

1 tsp. olive oil 5 mL
2 cloves garlic, crushed 2
1 medium onion, chopped 1
1 can plum tomatoes 1
(28 oz. / 796 mL) pureed with juice

1/4 cup tomato paste 50 mL
1/2 cup water 125 mL
1 Tbsp. beef bouillon 15 mL
low sodium
1 Tbsp. dried parsley 15 mL
1 tsp. half salt or no salt 5 mL
1/2 tsp. oregano, thyme 2 mL
& basil each
1/4 tsp. freshly ground pepper 1 mL

 To make sauce, sauté onion & garlic until limp. Add to remaining sauce ingredients. Bring to boil. Reduce heat. Simmer for 20 -25 minutes.

| | | |
|------------|---|--------|
| 10 | uncooked cannelloni | 10 |
| | ~ nonstick cooking spray ~ | |
| 12 oz. | lean hamburger | 336 g |
| 1 | small onion, finely chopped | 1 |
| 1 clove | garlic, crushed | 1 |
| 1/4 cup | grated light Parmesan cheese, 16% M.F. 50 mL | |
| 1 | egg, beaten (or 2 egg whites) | |
| | ~ half salt or no salt ~ | |
| | ~ freshly ground pepper ~ | |
| 1/2 tsp. | oregano | 2 mL |
| 3 1/2 cups | homemade tomato sauce | 875 mL |
| | (or 700 mL Classico Spaghetti sauce with basil) | |
| 1 1/4 cup | mozzarella cheese, 15% B.F. grated...375 mL for top (5 oz. /140 g) | |

1. Brown meat. Add balance of stuffing ingredients, excluding tomato sauce. Cool to lukewarm.
2. Stuff uncooked cannelloni tightly with mixture.
3. Prepare sauce. Pour 1 cup / 250 mL of sauce over bottom of 9" x 13" pan (22.5 cm. x 32.5 cm.)
4. Arrange stuffed cannelloni over sauce.
5. Cover with remaining sauce.
6. Cover dish with foil and bake at 350°F / 180°C for 50 minutes.
7. Top with grated cheese and return to oven 5 more minutes. Freezes well.

Saucy Swiss Steak

Yields - 4 servings

1 serving
275 calories 1155 kilojoules

**3 protein, 1 veg. / fruit,
3 free vegetable ++ & 1 fat**

TOTAL FAT - 8.8 g per serving

29% FAT

| | |
|----------|---|
| 1 lb. | lean cube steak (or 1 lb. round steak 500g tenderized with edge of saucer or meat hammer) |
| 2 Tbsp. | all purpose flour..... 30 mL ~ dash half salt & pepper ~ |
| 4 tsp. | olive oil 20 mL |
| 1 large | onion, thinly sliced 1 |
| 1/2 cup | carrot, grated 125 mL |
| 2 cloves | garlic, minced 2 |
| 3/4 tsp. | dried oregano 4 mL |
| 1/2 tsp. | marjoram 2 mL |
| 1/2 tsp. | sugar 2 mL |
| 1 tsp. | lemon juice 5 mL |
| 1 cup | tomatoes, puréed 250 mL |
| 1 cup | tomato sauce 250 mL |
| 1/4 tsp. | celery salt 1 mL |
| 1/2 tsp. | dried basil 2 mL |

1. Cut steak into 4 pieces. Sprinkle with flour, no salt and pepper.
2. In large teflon pan sprayed with nonstick cooking spray, heat oil over medium high heat. Brown meat. Set meat aside.
3. Add onion, carrot and garlic to pan with 1 Tbsp. (15 mL) water. Cook stirring often for 4 minutes until softened.
4. Stir in next 8 ingredients: oregano, marjoram, sugar, lemon juice, tomatoes, tomato sauce, celery salt and basil.
5. Return meat to pan. For cube steak, simmer for 15 - 20 minutes. For round steak, simmer 1 1/2 - 2 hours or bake in 325°F / 160°C oven 1 1/2 - 2 hours or until tender. Season with half salt or no salt and pepper to taste.



Skillet Macaroni and Chili

Yields • 6 servings

1 serving = 1 cup / 250 mL
340 calories 1428 kilojoules

**1 1/2 protein, 2 bread/starch,
1 veg. / fruit & 1 milk**

TOTAL FAT - 7.9 g per serving

21% FAT



*This is a wonderful dish
on a cold winter's night.
It freezes well too!*



| | | | |
|------------|--|-------|--------|
| 12 oz. | lean ground beef | | 336 g |
| 1 small | onion, chopped | | 1 |
| 1 clove | garlic, minced | | 1 |
| 1 can | kidney beans (15 1/2 oz. / 434 g) | | 1 |
| 1 can | tomato soup (10 oz. / 284 mL) | | 1 |
| 1 1/2 cups | stewed tomatoes plus juice (puréed or chopped) | | 375 mL |
| 3/4 cup | raw macaroni or penne pasta | | 175 mL |
| 1/4 cup | water | | 50 mL |
| 2 tsp. | chili powder | | 10 mL |
| 1 tsp. | cumin | | 5 mL |
| 1 cup | shredded skim milk cheese product (with cheddar flavoring, 7% MF) 4 oz./ 112g | | |

1. In a large teflon pan sprayed with nonstick cooking spray, cook the ground beef, onions and garlic until the beef is browned. Drain fat with paper towel.
2. Stir in the beans, tomato soup, tomatoes and juices, macaroni, water, chili powder and cumin. Bring to a boil. Reduce heat. Cover and simmer for 10 minutes. Stir well. Cover and simmer 10 minutes more until macaroni is tender but firm.
3. Sprinkle with cheese. Serve. One cup servings may also be measured out into individual casseroles. Sprinkle with cheese. Cover with saran and tin foil. Freeze. Each casserole takes 6 minutes on high in the microwave to thaw and heat up.

Tammy's Quick Cabbage Roll Casserole

Yields - 4 servings

1 serving
415 calories 1743 kilojoules

**3 protein, 2 milk,
1 bread/starch, 1 free vegetable ++**

**TOTAL FAT - 15.4 g per serving
33% FAT**

| | | |
|---------|---|--------|
| 3 cups | coarsely chopped cabbage | 750 mL |
| 1 lb. | lean ground beef | 500 g |
| 1/2 cup | onion, chopped | 125 mL |
| 1 clove | garlic, crushed | 1 |
| | ~ no salt or half salt, freshly ground pepper ~ | |
| 3 | heaping Tbsp. of rice | 45 mL |
| 1 can | tomato soup (10 oz. / 284 g) | 1 |
| 1 cup | water | 250 mL |
| 1 tsp. | Worcestershire sauce | 5 mL |
| 1 cup | grated skim milk cheese product..... | 250 mL |
| | 7% B.F. with cheddar flavoring (4oz. / 112 g) | |

1. Place cabbage in casserole.
2. Brown beef, onions and garlic. Drain fat with paper towel. Add half salt (no salt) and pepper.
3. Add rice, soup, water & Worcestershire sauce. Pour over cabbage.
4. Top with cheese.
5. Cover. Bake in 350°F / 180°C oven for 1 1/2 hours. This casserole freezes well and can be used on "time bake" in your oven.

Tomato Beef Noodle Casserole

Yields - 4 servings

1 serving = 1 cup / 250 mL
330 calories 1386 kilojoules

2 1/2 protein, 1 bread/starch,
1 veg. / fruit & 1 free vegetable ++

TOTAL FAT - 12 g per serving

33% FAT

 *Kids love this!*

Freezes well!

| | | |
|---------|---|---|
| 3/4 lb. | lean hamburger beef (12 oz.) | 336 g |
| 1 small | onion, chopped fine | 1 |
| 1 can | tomato soup (10 oz. / 284 mL) or Italian-style tomato soup | 1 |
| 1 cup | puréed, stewed tomatoes | 250 mL |
| 1 Tbsp. | Worcestershire sauce | 15 mL |
| 2 cups | cooked spaghetti or noodles | 500 mL (1 1/4 cup dry = 2 cups cooked) |
| 1/2 cup | grated mozzarella cheese, 15% B.F.... | 125 mL (2 oz. / 56 g) |

1. Brown meat and onion in nonstick teflon pan sprayed with cooking spray. Drain any fat off meat with paper towel.
2. Add soup, tomatoes puréed, Worcestershire sauce and cooked noodles. Stir together. Heat in a 325° F / 160°C oven for 35 - 40 minutes until heated through.
3. Sprinkle with grated cheese and return to oven just until cheese is melted. One cup (250 mL) servings may be frozen separately and reheated in microwave on high for 6 minutes each from frozen to ready to eat.

Veal Piccata

Yields - 4 servings

1 serving
295 calories 1240 kilojoules

3 protein, 1 fat, 1 veg. / fruit

TOTAL FAT - 11.4 g per serving
39% FAT


This dish can also be made with chicken. I consider this a "special occasion" dish.


To reduce total fat, serve this dish with 1/2 cup pasta, 1 cup of broccoli and cauliflower and a scoop of low fat frozen yogurt for a total of 500 calories (2058 Kilojoules) and 30% fat.

| | | |
|----------|--|--------|
| 1 lb. | thinly sliced veal scallopini | 500 g |
| 2 | egg whites | 2 |
| 1 Tbsp. | water..... | 15 mL |
| 1/4 cup | flour (divided) | 50 mL |
| 1 Tbsp. | light margarine | 15 mL |
| 1/4 tsp. | half salt or no salt | 1 mL |
| | ~ freshly ground pepper ~ | |
| 3/4 cup | chicken broth (low fat, low sodium)... | 175 mL |
| 1/4 cup | dry white wine | 50 mL |
| 1 Tbsp. | lemon juice | 15 mL |
| 1 cup | diced fresh mushrooms | 250 mL |
| 1 Tbsp. | capers | 15 mL |

1. Pound veal with a meat tenderizer or edge of saucer until flattened and cut into bite size pieces. Dip in egg white and water and sprinkle with 3 Tbsp. flour and seasonings.
2. Melt margarine in teflon pan and brown veal. (This only takes 3 - 4 minutes.) Don't overcook or veal will be tough! Remove veal to a plate. Add mushrooms to pan and cook 1 to 2 minutes until golden. Add to veal.
3. Mix chicken broth, wine, lemon juice and 1 Tbsp. flour. Add to skillet. Stir until it boils and thickens - approximately one minute. (You might like to purée this sauce in a blender to make it smooth). Add veal & capers to sauce. Serve on pasta or rice. Delicious!

Meatless

Cheese Manicotti

Pasta Primivera

Rotini with Fresh Beans, Tomato and Feta Cheese

Tortellini with Garlic Sauce and Vegetables

Vegetable Lasagne Roll-ups

Whole Wheat Banana Pancakes



Cheese Manicotti

Yields - 4 servings

1 serving = 2 manicotti
440 calories 1848 kilojoules

**3 protein, 2 bread/starch,
1 veg./fruit, 1 milk**

TOTAL FAT - 14 g per serving

28% FAT

1. To make sauce: sauté onion and garlic until limp. Add to remaining sauce ingredients. Bring to a boil, reduce heat. Simmer for 20 - 25 minutes.
2. Cook manicotti in boiling, salted water for 6 minutes.
3. Combine all filling ingredients except sauce and the last 1/4 cup / 50 mL of cheese. Fill each manicotti with 1/4 cup / 50 mL of cheese filling.
4. Place 1 1/2 cup / 375 mL pasta sauce in a 9" x 13" (22 1/2 x 32 1/2 cm.) pan. Arrange the manicotti in pan in a single layer.
5. Pour remaining sauce and cheese over manicotti. Cover and bake in a 350°F / 180°C oven for 30 minutes or until heated through. Let set 5 minutes. Freezes well.

| | | |
|--|--|---|
| 8 | manicotti | 8 |
| 3/4 cup | Quark, 7% B.F. | 175 mL |
| 3/4 cup | cottage cheese, 1% B.F. | 175 mL |
| 1 cup | mozzarella cheese, 15% BF grated ... | 250 mL (4 oz. / 112 g) |
| 1/2 cup | Parmesan cheese light, 16% B.F. | 125 mL |
| 1 clove | garlic, crushed | 1 |
| 1 1/2 tsp. | basil | 7 mL |
| 1 | egg (or 2 egg whites) | 1 |
| 1/4 tsp. | half salt | 1 mL ~ freshly ground pepper ~ |
| 1/4 cup | mozzarella, 15% B.F. grated (for top)... | 50 mL |
| 3 1/2 cups | tomato sauce, homemade | 875 mL (or 700 mL Classico Tomato & Basil Sauce) |
| HOMEMADE TOMATO SAUCE: 3 1/2 cup / 875 mL | | |
| (342 calories 1226 kilojoules) | | |
| 1 tsp. | olive oil | 5 mL |
| 2 cloves | garlic, crushed | 2 mL |
| 1 | medium onion, chopped | 1 |
| 1 can | plum tomatoes puréed with juice | 1 (28 oz. / 796 mL) |
| 1/4 cup | tomato paste | 50 mL |
| 1/2 cup | water | 125 mL |
| 1 Tbsp. | low sodium beef bouillon | 15 mL |
| 1 Tbsp. | dried parsley | 15 mL |
| 1 tsp. | half salt or no salt | 5 mL |
| 1/2 tsp. | each oregano, thyme & basil..... | 2 mL |
| 1/4 tsp. | freshly ground pepper | 1 mL |

Pasta Primavera

Yields - 4 servings

1 serving = 1 1/2 cups / 375 mL
222 calories 932 kilojoules

**1 protein, 1 bread/starch,
1 veg. / fruit , 1 1/2 fat**

**TOTAL FAT - 7.5 g per serving
30% FAT**

*It's a good idea to try
to incorporate a meatless meal
in your diet at least
one day a week.*

| | | |
|---------|--|-------------------------------|
| 2 Tbsp. | margarine (divided) | 30 mL |
| 1 clove | garlic, crushed | 1 |
| 1 small | onion, diced | 1 |
| 1 | carrot, julienned (cut into strips) | 1 |
| 1 | zucchini, julienned | 1 |
| 1 cup | asparagus tips | 250 mL |
| 1 cup | green beans, cut into | 250 mL 1" / 2.5 cm. pieces |
| 1 small | tomato, cut up | 1 |
| 1/2 lb. | spaghetti (3 cups/ 750 mL cooked) ... | 240 g |
| 3/4 cup | light Parmesan cheese, 16% B.F. | 175 mL |
| 1 cup | low fat, low sodium chicken broth ... | 250 mL |
| 1 Tbsp. | cornstarch | 15 mL |
| | ~ half salt or no salt & freshly ground pepper ~ | |

1. Spray a large teflon pan with nonstick cooking spray and heat 1 Tbsp. / 15 mL margarine. Sauté onion and garlic for approximately one minute.
2. Add carrots, zucchini, asparagus, green beans and stir fry until vegetables are tender but not brown (approximately 10 minutes). Stir constantly.
3. Cook pasta in a large pot of boiling water for eleven minutes or until al denté. Drain well.
4. Mix cornstarch with chicken broth.
5. Add tomatoes to vegetable mixture.
Add chicken broth mixture. Bring to boil. Cook gently 1 - 2 minutes until thickened. Add half salt & pepper.
6. Add sauce to drained pasta. Add 1 Tbsp. / 15 mL margarine and 1/2 cup / 125 mL Parmesan cheese.
7. Toss well. Top each serving with 1 Tbsp. / 15 mL Parmesan cheese. Serve.

Rotini with Fresh Beans, Tomatoes and Feta Cheese

Yields - 4 servings

1 serving = 2 cups (500 mL)
310 calories 1302 kilojoules

1 protein, 2 bread/starch, 1/2 fat,
1 veg. / fruit, 2 free vegetable ++

TOTAL FAT - 8.7 g per serving

25% FAT



Delicious, quick summer supper!

| | | |
|--|---|--------|
| 4 cups | cooked rotini noodles..... (2 1/2 cups / 725 mL raw) | 1 L |
| 2 tsp. | olive oil | 10 mL |
| 1/2 cup | green onion, chopped | 125 mL |
| 1 clove | garlic, crushed | 1 |
| 1 cup | mushrooms, thinly sliced | 250 mL |
| 2 cups | fresh green beans cut into small pieces | 500 mL |
| 1 cup | carrots, finely chopped | 250 mL |
| 2 Tbsp. | chicken broth | 30 mL |
| 2 cups | fresh tomatoes, chopped | 500 mL |
| 1/4 cup | fresh basil, finely chopped | 250 mL |
| 1 cup | or 1 tsp. / 5 mL dried basil | |
| 1 cup | feta cheese, grated (4 oz. / 112 g) ... | 250 mL |
| 2 Tbsp. | light parmesan cheese, 16% B.F. | 30 mL |
| ~ half salt or no salt & freshly ground pepper ~ | | |

1. Cook rotini in boiling water according to package direction. Drain.
2. Spray a large nonstick skillet with cooking spray. Heat.
3. Add oil. Sauté onions, garlic and mushrooms for 2 minutes. Set aside.
4. Add beans and carrots to hot skillet. Add chicken broth. Cover pan and simmer 5 minutes until tender crisp, stirring often.
5. Add tomatoes. Cook for two minutes.
6. Add pasta, feta cheese, parmesan, onion mixture basil & half salt or no salt & pepper to taste. Serve.

Tortellini with Garlic Sauce and Vegetables

Yields - 5 servings

1 serving = 1 1/2 cups / 375 mL
360 calories 1490 kilojoules
without crab
385 calories 1596 kilojoules
with crab

**1 1/2 protein, 3 bread/starch,
1 veg. / fruit, 1/2 fat**

**TOTAL FAT - 5 g without crab
13% FAT**



**TOTAL FAT - 5.8 g with crab
14% FAT**

*We are all looking for low fat,
delicious, easy to prepare suppers
after a busy day
and this one fits the bill!*

1 pkg. fresh tortellini with cheese filling.....1
(approximately 454 grams)

2 1/2 cups fresh vegetables cut up 625 mL
(ie. broccoli florets, cauliflower, mushrooms,
carrots, green onions etc.)

SAUCE:

1 Tbsp. margarine 15 mL
1 clove garlic, crushed 1
1 Tbsp. flour 15 mL
1 pkg. low sodium chicken bouillon granules ... 15 mL
1 Tbsp. cooking sherry 15 mL
1 cup 1% or skim milk 250 mL
3 Tbsp. light Parmesan cheese, 16% B.F. 45 mL
~ half salt or no salt and pepper to taste ~
1 can crab, drained (optional) 4.23 oz. / 120 g ... 1

1. Cook tortellini in boiling salted water for 6 - 8 minutes until tender. Drain. Keep warm.
2. Cook vegetables in 2 Tbsp. / 30 mL water in microwave on high for four minutes until tender but crunchy. Drain.
3. For sauce, melt margarine with garlic in microwave for one minute on high. Add flour and cook for 30 seconds. Add broth, sherry, milk and 2 Tbsp. / 30 mL Parmesan cheese. Cook on high for 3-4 minutes, stirring every 30 seconds until thickened.
4. At this point you may add drained crab to the sauce. Cook 1 - 2 more minutes on high to warm. Add seasonings to taste.
5. Place warmed tortellini in a casserole. Top with vegetables. Spoon sauce on top. Sprinkle with last Tbsp. of Parmesan cheese and serve.

Vegetable Lasagna Roll-ups

Yields - 10 servings or 10 roll-ups

1 serving = 1 roll-up
222 calories 932 kilojoules

**2 protein, 1 bread/starch,
1 veg. / fruit, 2 free vegetable ++**

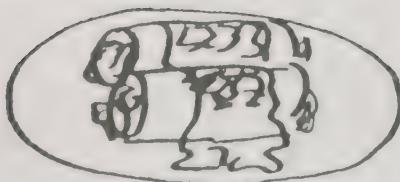
TOTAL FAT - 6.5 g per serving

26% FAT



*This is a big hit with kids.
Freeze roll-ups separately in
microwavable containers.
Reheat each frozen roll-up on
high in microwave for 6 minutes.*

*Quick easy supper
on a busy night!*



| | | |
|---------|---|--------|
| 10 | lasagna noodles | 10 |
| 1 cup | quark, 7% M.F..... | 150 mL |
| 1 cup | cottage cheese, 1% M.F. | 250 mL |
| 2 cups | grated, mozzarella cheese, 15% B.F. 500 mL (8 oz. / 224 g) divided | |
| 1 tsp. | dried basil | 5 mL |
| 1 tsp. | dried oregano | 5 mL |
| 1/4 cup | light Parmesan cheese, 16% M.F. | 50 mL |
| | ~ half salt, pepper ~ | |
| 1 clove | garlic, crushed | 1 |
| 2 | green onions, chopped | 2 |
| 1/2 cup | carrot, grated | 125 mL |
| 1/2 | green pepper, diced | 1/2 |
| 1 tsp. | margarine | 5 mL |
| 1 Tbsp. | water..... | 15 mL |
| 3 cups | low fat spaghetti sauce | 750 mL |
| | (purchased or homemade - see page 70 for homemade tomato sauce recipe) | |

1. Cook noodles according to package direction until tender. (Add a little oil to cooking water to prevent sticking.) Drain. Rinse with cold water.
2. Stir together quark, cottage cheese, 1 cup / 250 mL only of mozzarella cheese, Parmesan cheese, basil, oregano, half salt and pepper to taste.
3. Sauté garlic, onion, carrot and pepper in 1 tsp. / 5 mL margarine plus 1 Tbsp. water in covered dish in microwave for 2 minutes until tender, stirring after one minute. Drain and add to cheese mixture.
4. Spread cooled noodles on a clean counter. (This is the messy part.) Spread 1 cup / 250 mL of spaghetti sauce evenly on top of noodles. Top with a heaping Tbsp. / 15 mL. of cheese mixture and spread over noodles.
5. Loosely roll up each noodle and place in separate microwavable dishes or a 9" x 13" / 22.5 x 32.5 cm. pan sprayed with nonstick cooking spray.
6. Top with remaining sauce & 1 cup / 250 mL mozzarella cheese. Bake in 350°F / 180°C oven for 30 minutes.

Whole Wheat Banana Pancakes

Yields: nine (4") pancakes

1 serving = 2 pancakes
184 calories 773 kilojoules

2 bread/starch, 1 fat

TOTAL FAT - 4.6 g per serving

23% FAT



*These are delicious served
with low fat yogurt,
strawberries and light syrup.*



HAPPY HEART FACT

*Did you know...
it takes 8 pounds of grain
to make one pound of beef?
We can all benefit from eating
more vegetarian meals
and they are delicious!*



| | | |
|----------|---|--------|
| 1/2 cup | all purpose flour | 125 mL |
| 1/2 cup | whole wheat flour | 125 mL |
| 2 tsp. | baking powder | 10 mL |
| 1 Tbsp. | sugar | 15 mL |
| 1/4 tsp. | cinnamon | 1 mL |
| 2/3 cup | skim or 1% milk | 150 mL |
| 1/2 cup | mashed ripe banana (about 1 medium) | 125 mL |
| 1 Tbsp. | olive, sunflower seed or safflower oil | 15 mL |
| 1 | egg (or 2 egg whites) slightly beaten | 1 |

1. Combine first five ingredients and mix well.
2. Combine milk, banana, oil and egg.
Add to dry ingredients. Stir until smooth.
3. Spray a teflon pan or griddle with Pam.
4. When heated, spoon 1/4 cup of batter onto hot pan.
5. Turn when tops are covered with bubbles and edges are cooked.

Fish and Seafood

Cheese Lover's Salmon Loaf

Crispy Baked Orange Roughy with Salsa and Cheese

Salmon Patties



Cheese Lover's Salmon Loaf

Yields - 6 servings

1 serving
190 calories 798 kilojoules

**2 1/2 protein,
1 milk**

TOTAL FAT - 11.3 g per serving

53% FAT

with 1 egg + 2 egg whites

TOTAL FAT - 10.4 g per serving

49% FAT

with 2 egg substitutes



*This is even lovely served
cold on a bed of lettuce!*



HAPPY HEART FACT

Did you know...

*that salmon is an excellent source
of Omega-3-long-chain fatty acid
which helps to prevent the blood
from clotting, reduces triglycerides,
lowers blood pressure and helps
reduce inflammation
of certain types of arthritis.*

*To reduce total fat, serve this salmon
with a small baked potato, 1 tsp.
light sour cream, 1/2 cup carrots,
1/2 cup broccoli, 1 orange and
4 oz. / 125 mL low fat milk
for a total of 435 calories
(1831 kilojoules) and
a total fat of 27%.*

| | |
|---------|--|
| | ~ 1 egg + 2 egg whites or 3 egg whites or 2 egg substitutes |
| 2 cans | red sockeye salmon (71/2 oz. / 213 g) |
| 1 cup | low fat mozzarella cheese, grated ... 250 mL (4 oz. / 112 g) 15% M.F. |
| 1/4 cup | onion, chopped fine 50 mL |
| 1 stalk | celery, chopped 1 |
| 1 large | carrot, grated 1 |
| 2 Tbsp. | lemon juice 30 mL |
| | ~ freshly ground pepper ~ |

1. Preheat oven to 350°F / 180°C.
2. Remove black skin from salmon. Try to keep most of the juice & bones (mashed) for the calcium content.
3. In a large bowl, beat egg + egg whites or egg substitutes. Stir in salmon, cheese, onion, celery, carrot and lemon juice until well blended.
4. Turn into a loaf pan which has been sprayed with cooking spray. Bake in 350°F / 180°C oven for 35 minutes. Allow to stand 5 minutes before slicing. Freezes well.

Crispy Baked Orange Roughy with Salsa and Cheese

Yields - 4 servings

1 serving

205 calories 867 kilojoules

4 lean protein, 1 veg. / fruit, 1/2 fat

TOTAL FAT - 5 per serving

23% FAT

| | | |
|---|--|--------|
| 4 | orange roughy fillets (5 oz. / 140 g each) ... | 4 |
| 1/2 cup | bread crumbs (or cornflake crumbs) | 125 mL |
| ~ onion powder, garlic powder, dill weed & pepper ~ | | |
| 1 | egg white | 1 |
| 1 | lemon, squeeze juice & grate rind (1 tsp.) ... | 1 |
| 2 tsp. | margarine, melted..... | 20 mL |
| 4 Tbsp. | salsa | .50 mL |
| 1/4 cup | grated mozzarella cheese, 15% B.F. ... | 50 mL |
| | (1 oz. / 28 g) | |

1. Preheat oven to 450°F / 230°C.
2. Dry fillets with paper towel. Dip in 1 egg white mixed with juice of one lemon.
3. Sprinkle fillets with bread crumbs and lemon rind. Then sprinkle with onion powder, garlic powder, dill weed and freshly ground pepper.
4. Drizzle with melted margarine.
5. Bake in 450°F / 230°C oven for 10 minutes per inch (2.5 cm.) of thickness or until fish flakes easily when tested with a fork.
6. Top each fillet with 1 Tbsp. salsa plus 1 Tbsp. mozzarella cheese and heat just until cheese melts.

Salmon Patties

Yields - 4 patties

1 serving = 2 patties
250 calories 1050 kilojoules

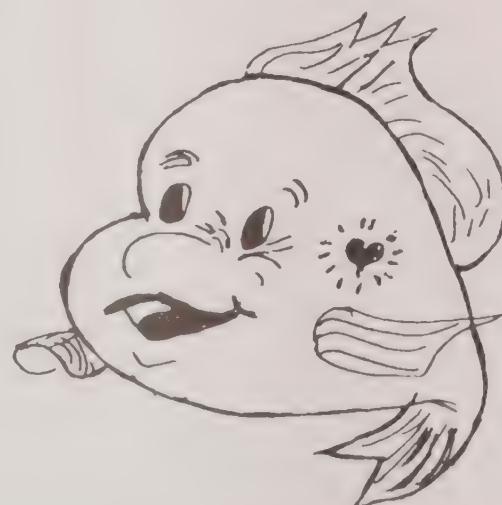
**3 1/2 protein,
1 veg. / fruit & 1/2 fat**

TOTAL FAT - 13.9 g per serving

50% FAT

| | | |
|---|--|------|
| 1 can | red sockeye salmon (7.5 oz. / 213 g) | 1 |
| ~ 2 egg whites (or 1 egg) or 1 egg substitute ~ | | |
| 8 | snackwell crackers, crushed | 8 |
| 1 tsp. | lemon juice | 5 mL |
| 1 | green onion, chopped | 1 |
| 1 tsp. | margarine | 5 mL |
| | ~ half salt or no salt ~ | |
| | ~ freshly ground pepper ~ | |
| | ~ lemon wedges ~ | |

1. Remove skin from salmon. Mash salmon with juices and bones (for calcium).
2. Combine salmon with egg, crackers, lemon juice, onion and seasonings.
3. Spray a teflon pan with cooking spray. Melt margarine in pan. Fry patties over medium heat until golden brown. Serve with lemon wedges.



Desserts

Crackly Ginger Cookies

Frozen Choco-Mint Yogurt Pie

Frozen Choco-Mocha Mousse

Lemon Sponge Pudding

Lemon Velvet Cheesecake with Raspberry Sauce

Meringue Cups with Frozen Yogurt and Chocolate Sauce

Chocolate Pudding in Peanut Butter Clouds

Old - fashioned Apple Pudding

Tapioca Pudding with Jam

Pina Colata Pudding Pie

Pumpkin Chiffon Mousse

Raspberry Cream Dessert

Strawberry Cheesecake



Crackly Ginger Cookies

Yields - 45 cookies

1 cookie
53 calories 189 kilojoules

1 fruit exchange

TOTAL FAT - 1.2 g per cookie

20% FAT



Dough size.



Cookie size.

| | | |
|----------|------------------------------------|--------|
| 1/4 cup | margarine | 50 mL |
| 1/4 cup | applesauce | 50 mL |
| 1/2 cup | molasses | 125 mL |
| 1/2 cup | white or brown sugar | 125 mL |
| 1 | egg (or 2 egg whites) | 1 |
| 1 tsp. | vanilla..... | 5 mL |
| 2 cups | all purpose flour | 500 mL |
| 2 tsp. | ginger | 10 mL |
| 1 tsp. | cinnamon | 5 mL |
| 1 tsp. | baking soda | 5 mL |
| 1/2 tsp. | salt or half-salt or no-salt | 2 mL |
| | sugar | |

1. Preheat oven to 350°F. Using an electric mixer or food processor, beat margarine with applesauce, molasses, sugar, egg and vanilla until creamy, approximately 3 minutes.
2. Stir flour with ginger, cinnamon, baking soda and salt.
3. Gradually stir flour mixture into margarine mixture. Do not overmix. Cool in fridge for 15 minutes at least.
4. Using a teaspoon, form dough into balls about 1" / 2.5 cm. in diameter. You may need to put a little margarine on your hands so the dough doesn't stick. Dip the top of the cookie into sugar. Place cookies 2" apart on a cookie sheet sprayed with Pam. Bake in center of oven for 8 - 10 minutes until lightly browned and cracked on top. Cool on a rack. Store in an airtight container for 1 week or freeze.

Frozen Choco-Mint Yogurt Pie

Yields - 8 servings

1 serving
135 calories 567 kilojoules

2 fruit, 1 milk, 1/2 fat

TOTAL FAT - 5.3 g per serving
35% FAT

A lovely cool summer dessert!

| | | |
|------------|--|------------|
| 8 | chocolate snackwell cookies crushed |8 |
| 1 Tbsp. | light margarine, melted |15 mL |
| 2 2/3 cups | vanilla, low fat frozen yogurt, softened | 796 mL |
| 1 tsp. | peppermint extract |5 mL |
| 8 | strawberries, sliced |8 |

1. Mix cookie crumbs and margarine.
Spread on the bottom of a pie plate sprayed with nonstick cooking spray.
2. Add peppermint extract to softened yogurt.
Spread over cookie crumbs.
3. Cover with saran. Freeze. Remove from freezer approximately 10 minutes before serving.
Cut into 8 slices. Serve with sliced strawberries.



Frozen Chocolate Mocha Mousse

Yields - 8 servings

1 serving (with 1% cottage cheese)
92 calories 386 kilojoules

1 serving (with quark)
105 calories 441 kilojoules

1 milk, 1/2 fruit, 1 fat

TOTAL FAT - 3.5 g per serving
(with 1% cottage cheese)
35% FAT

TOTAL FAT - 5.5 g per serving
(with quark)
47% FAT


*Your kids won't believe
that this is really
"good for them!"*

| | | |
|-------------------|--|--------------------|
| 3/4 cup | skim or 1% milk | 175 mL |
| 1 cup | 1% low fat cottage cheese | 250 mL |
| or quark, 7% B.F. | | |
| 1 Tbsp. | instant coffee | 15 mL |
| 1 Tbsp. | hot water | 15 mL |
| 1 pkg. | Jello light chocolate pudding (4 servings) ... | 1 instant |
| 2 cups | light cool whip or dream whip | 500 mL |
| 2 | squares (1 oz. / 28 g) Baker's semi-sweet ... | 2 chocolate grated |

1. Pour milk into blender container and add cottage cheese (or quark) and instant coffee dissolved in hot water. Blend until smooth. Add pudding mix. Cover. Blend until smooth.
2. Pour pudding mixture into large bowl and gently fold in whipped topping. Pour into 9" (23 cm) pie plate. Smooth top. Sprinkle with chocolate. Freeze until firm. (6 hours or overnight.)
3. Remove from freezer 15 minutes before serving. Let stand at room temperature to soften slightly. Tastes like a "mocha" fudgsicle.

Lemon Sponge Pudding

Yields - 4 servings

1 serving
109 calories 458 kilojoules

**1/2 protein, 1/2 milk, 1/2 fat,
1 tsp. sugar**

**TOTAL FAT - 5 g per serving
41% FAT**


This is a lighter version of an old time favourite dessert. During baking it separates into a cake-like topping with lemon sauce underneath.

| | | |
|---------|-------------------------|--------|
| 1 | medium lemon | 1 |
| 1/4 cup | splenda | 50 mL |
| 1 Tbsp. | sugar..... | 15 mL |
| 2 Tbsp. | all purpose flour..... | 30 mL |
| | ~ dash of half salt ~ | |
| 2 | eggs, separated | 2 |
| 2 tsp. | margarine, melted | 10 mL |
| 1 cup | 1% milk..... | 250 mL |
| 1 tsp. | sugar | 5 mL |

1. With a grater, remove rind from lemon. Squeeze juice. Set juice and rind aside.
2. In mixing bowl, combine sugar, splenda, flour, half salt. Stir in lemon juice, rind, beaten egg yolks, melted margarine and milk.
3. Beat egg whites until stiff but not dry. Fold into lemon mixture. Pour into lightly greased 4 cup (1L) baking dish. Sprinkle with last 1 tsp. sugar. (This helps pudding to brown.) Place in a larger pan. Pour in hot water to about 1 inch (2.5 cm.) depth. Bake in 350° / 180°C oven for 30 - 35 minutes. Serve warm.

Lemon Velvet Cheesecake

Yields - 8 servings

1 serving = 1/8 th piece
130 calories 546 kilojoules
(with cottage cheese, 1% B.F.)

1 serving = 1/8 th piece
144 calories 605 kilojoules
(with quark, 7% B.F.)

1 milk & 2 fat

TOTAL FAT - 6.6 g per serving
(with cottage cheese, 1% B.F.)

46% FAT

TOTAL FAT - 8.4 g per serving
(with quark, 7% B.F.)

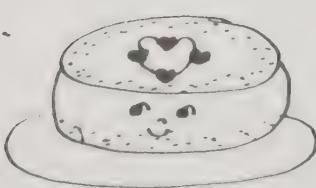
53% FAT



*Regular cheese cake
has approximately 18 g fat / per
serving so this is a lighter version.*

RASPBERRY SAUCE

Yields: 1 3/4 cups / 400 mL
1 serving = 3 Tbsp. / 45 mL
15 calories 63 kilojoules



| | | |
|---------|--|-------------------------------|
| 2 | cinnamon snaps (low fat) crushed | 2 |
| 1 pkg. | diet lemon jello (4 servings) | 1 |
| 2/3 cup | boiling water | 150 mL |
| 1 cup | low fat cottage cheese, 1% B.F. | 250 mL (or quark, 7% B.F.) |
| 1 pkg. | light cream cheese | 1 |
| 2 cups | prepared Dream Whip topping | 500 mL |

1. Prepare Dream Whip topping with 4 oz. / 125 mL 1% milk and vanilla.
2. Spray 8" / 22 1/2 cm. spring form pan with nonstick cooking spray.
3. Completely dissolve gelatin in boiling water.
Pour into food processor.
4. Add cottage cheese (or quark) and light cream cheese. Blend at medium speed, scraping down sides occasionally until mixture is completely smooth.
5. Gently fold in whipped topping.
6. Pour into prepared pan. Sprinkle crumbs around outside edge. Chill until set, approximately 4 hours. When ready to serve, remove side of pan. Top each slice of cheese cake with 2-3 Tbsp. / 30 - 45 mL Raspberry sauce.

RASPBERRY SAUCE:

| | | |
|---------------|---|-------|
| 1 pkg. | (300 g) frozen raspberries thawed | 1 |
| reserve juice | | |
| 1/4 cup | Splenda | 50 mL |
| 2 Tbsp. | cornstarch | 30 mL |

1. Add water to reserved juice to measure 1 1/4 cup / 300 mL. Mix splenda and cornstarch. Stir into raspberries. heat to boiling, stirring constantly. Boil & stir for 1 minute. Cool. Strawberries or blueberries may be used instead.

Meringue Cups with Frozen Yogurt & Chocolate Sauce

Yields - 6 meringue cups

| | | |
|-------------------|--|--------------------------------|
| 1 meringue | 77 calories | 323 kilojoules (with sugar) |
| 41 calories | 172 kilojoules (with sugar + splenda) | |

2 sugar + 1/5 protein

| | |
|--------------------------------|--|
| Chocolate Sauce | |
| Yields: 1/2 cup / 125 mL sauce | |
| 4 tsp. sauce / meringue | |

40 calories 168 kilojoules

TOTAL FAT -1.8g per serving
9% FAT ONLY

This is sure to be a hit at your next dinner party. Meringues may be made many days ahead and stored in airtight containers or frozen. Sauce may also be made ahead and refrigerated.

TO ASSEMBLE

Drizzle 1 tsp. chocolate sauce on a medium-sized glass dessert plate. Place meringue on center of plate. Top with a small scoop of your favourite low fat frozen yogurt. ie. "Chocolate Amaretto Twirl - Breyers." Drizzle with 1 Tbsp. / 15 mL of chocolate sauce. Serve.

LOW FAT

1 meringue, 4 tsp. sauce and 1/4 cup / 50 mL. low fat frozen yogurt
170 calories 714 kilojoules

DIABETIC VERSION

Use meringue with splenda, add 1/4 cup yogurt & 1 tsp. sauce
109 calories 458 kilojoules

| | | | |
|----------|---------------------------|-------|--|
| 4 large | egg whites, at room temp. | | 4 |
| 1/2 tsp. | cream of tartar | | 1 |
| pinch | half salt | | pinch |
| 1/2 cup | sugar | | 125 mL (or 1/4 cup sugar + 1/4 cup splenda) |

1. Line baking sheet with wax paper. With bottom of glass trace 6 - 3 inch (7.5 cm.) circles about 2 inches (5cm.) apart on paper. Turn paper over on baking sheet.
2. Beat egg whites until frothy. Add cream of tartar and half salt. Beat until soft peaks form. Add sugar, 1 tsp. / 5 mL. at a time and beat until meringue is stiff and shiny, about 10 minutes. Spoon meringue around circles and fill in the middle. Make rounds with hollow in the middle. Swirl edges. Bake in preheated 200°F / 100°C oven for 1 1/2 - 2 hours until golden. Turn oven off.
3. Leave meringues in oven with door slightly ajar for 1 hour to dry and cool down. Freeze in large airtight containers separated by wax paper. (A shirt box works well.)

FAT FREE CHOCOLATE SAUCE

| | | | |
|----------|-------------|-------|--------------------------------------|
| 1/4 cup | cocoa | | 50 mL |
| 2 Tbsp. | brown sugar | | 30 mL (or brown sugar sugar twin) |
| 2 Tbsp. | white sugar | | 30 mL |
| 1/2 cup | water | | 125 mL |
| 1/2 tsp. | vanilla | | 1 mL |

Mix above ingredients thoroughly. Cook with constant stirring over medium heat until mixture comes to a boil. Continue stirring and cook 3 - 4 minutes until slightly thickened. Add vanilla. Serve hot or cold.

Chocolate Pudding in Peanut Butter Clouds

Yields - 6 servings

1 serving
128 calories 538 kilojoules

1 milk, 1 fat, 1/2 protein

TOTAL FAT - 6 g per serving
43% FAT

Serve with a low fat main meal.

| | | |
|----------|--|--------|
| 1 pkg. | Dream Whip | 1 |
| 1/2 cup | 1% milk | 125 mL |
| 1/2 tsp. | vanilla..... | 2 mL |
| 2 Tbsp. | 1% milk | 30 mL |
| 2 Tbsp. | peanut butter (light) | 30 mL |
| 1 pkg. | Jello instant diet chocolate pudding | 1 |
| 2 cups | 1% milk..... | 500 mL |

1. Measure milk and vanilla into a deep narrow bowl. Blend in one envelope of Dream Whip. Whip at highest speed until topping form peaks.
2. Add 2 Tbsp. / 30 mL milk to peanut butter. Stir until blended. Add to whipped topping. Beat whipped topping 1 - 2 more minutes until light and fluffy.
3. Divide topping among 6 dessert cups.
4. Add 2 cups / 500 mL milk to diet chocolate pudding mix. Whip for 2 - 3 minutes.
5. Place pudding on top of Dream Whip "clouds". If desired, decorate with fresh fruit or sprinkles. Tastes like Reeses pieces. Mmmm...

Old-fashioned Apple Pudding

Yields - 6 servings

1 serving

186 calories 781 kilojoules

1 bread/starch, 1 fruit,
1 fat, 1 1/2 tsp. sugar

**TOTAL FAT - 4.8 g per serving
23% FAT**

A wonderful dessert for the fall!



| | | |
|----------|-------------------------|--------|
| 2 Tbsp. | applesauce | 30 mL |
| 2 Tbsp. | margarine | 30 mL |
| 3 Tbsp. | sugar | 45 mL |
| 1/4 cup | Splenda | 50 mL |
| 1 medium | egg, beaten | 1 |
| 1 cup | all purpose flour | 250 mL |
| 1/2 tsp. | half salt | 2 mL |
| 1 tsp. | baking soda | 5 mL |
| 1/2 tsp. | cinnamon | 2 mL |
| 1/2 tsp. | nutmeg | 2 mL |
| 1 tsp. | lemon juice | 5 mL |
| 1 tsp. | lemon rind..... | 5 mL |
| 3 cups | diced apple | 750 mL |

1. Cream together applesauce, margarine, sugar, Splenda & egg.
2. Mix the dry ingredients - flour, salt, baking soda, cinnamon and nutmeg.
3. Stir lemon juice and rind into apples.
Add to dry ingredients.
4. Add creamed mixture to dry ingredients.
5. Turn into an 8" (20 cm.) square pan sprayed with nonstick cooking spray.
6. Bake in a 350°F / 180°C oven for 35 - 40 minutes.
Serve with a Tbsp. (15 mL) of Dream Whip.

Tapioca Pudding with Jam

Yields - 4 servings

1 serving = 1/4 recipe
130 calories 546 kilojoules

1 1/2 milk, 1/4 protein,
3 bread/starch, 1 tsp. sugar

TOTAL FAT - 2.75 g per serving

19% FAT


*What a great way
to get your calcium!*



HAPPY HEART FACT

*The sugar in milk, called lactose,
aids in the absorption of calcium.*

*In fact, milk is the perfect "package"
for calcium because it also
contains Vitamin D and the
perfect combination of
magnesium and phosphorus
which are also needed
for calcium absorption.*

| | | |
|-----------|------------------------|--------|
| 1 | egg..... | 1 |
| 1/4 cup | Splenda | 50 mL |
| 2 3/4 cup | 1% milk or skim | 675 mL |
| 1 Tbsp. | sugar..... | 15 mL |
| 3 Tbsp. | minute Tapioca | 45 mL |
| 3/4 tsp. | vanilla..... | 3 mL |
| 4 tsp. | double fruit jam | 20 mL |

1. Combine 1 egg, slightly beaten, with Splenda, sugar, milk and Tapioca in a saucepan. Mix well.
Let stand 5 minutes.
2. Cook over medium heat, stirring constantly until mixture comes to a full boil. (Pudding will thicken as it cools.)
3. Remove from heat. Stir in vanilla.
Let sit for 20 minutes. Stir.
4. Spoon into 4 dessert dishes. top with 1 tsp. / 5 mL each of double fruit jam. Cover with saran. Chill.

Pina Colada Pudding Pie

Yields - 6 servings

1 serving
155 calories 651 kilojoules

**1/2 milk, 1 bread/starch,
1 fat, 1 fruit**

**TOTAL FAT - 5 g per serving
29% FAT**

CRUST:

| | | | |
|---------|-------------------------|-------|-------|
| 12 | cinnamon snaps, crushed | | 12 |
| 1/4 cup | grapenuts | | 50 mL |
| 1 | egg white | | 1 |
| 1 Tbsp. | light margarine, melted | | 30 mL |

FILLING:

| | | | |
|------------|--|--------|--------|
| 1 pkg. | diet instant vanilla pudding (4 serving) | | 1 |
| 1 1/2 cups | skim or 1% milk | | 375 mL |
| 2 cups | dream whip or light cool whip | | 500 mL |
| 1/2 cup | crushed pineapple in own juice drained | 125 mL | |
| 1 tsp. | coconut extract | | 5 mL |
| 1/2 | banana, sliced | | 1/2 |
| 1 Tbsp. | toasted coconut | | 15 mL |

1. Combine cinnamon snap crumbs, grapenuts, margarine & egg white. Press into 8 1/2" (22 cm.) spring form pan that has been sprayed with nonstick cooking spray. Bake in a 350°F / 180°C oven for 5 minutes. Cool.
2. Stir together pudding and milk. Beat until thickened.
3. Fold in light cool whip, drained pineapple and coconut extract. Spoon into cooled crust.
4. Decorate top with banana slices and 1 Tbsp. / 15 mL toasted coconut. Chill until ready to serve.

Pumpkin Chiffon Mousse

Yields - 6 servings

1 serving

170 calories 714 kilojoules

**1 bread/starch, 1 fruit, 1 fat,
1 Extra ++**

TOTAL FAT - 5 g per serving

26% FAT



*A very creamy
pumpkin dessert
full of flavour!*

| | | |
|----------|---------------------------------|--------|
| 6 | cinnamon snaps, low fat | 6 |
| 1 | envelope plain gelatin | 1 |
| 2 Tbsp. | sugar | 30 mL |
| 2 Tbsp. | Splenda | 30 mL |
| 1/2 tsp. | half salt (or no salt) | 2 mL |
| 1/2 tsp. | cinnamon | 2 mL |
| 1 tsp. | pumpkin pie spice | 5 mL |
| 3/4 cup | 1% milk | 175 mL |
| 2 | slightly beaten egg yolks | 2 |
| 1 cup | purée pumpkin - no sugar | 2 |
| 2 | egg whites | 2 |
| 2 Tbsp. | sugar | 30 mL |
| 2 cups | light whipped topping | 500 mL |

1. Crush cinnamon snaps and set aside.
2. Combine gelatin, sugar, splenda, half salt, cinnamon, and pumpkin spice. Stir in milk, egg yolks and pumpkin. Cook and stir over medium heat until mixture boils and gelatin dissolves but stir constantly so egg yolks do not cook into a solid mass!
3. Remove from heat and chill until partially set.
4. Beat egg whites until stiff.
5. Fold egg whites and light whipped topping into cooled pumpkin mixture.
6. Spoon equally into 6 dessert dishes or parfait glasses or a 8 1/2" / 22 cm. springform pan sprayed with nonstick cooking spray.
7. Sprinkle cinnamon snap crumbs on top. Trim with a walnut half. Chill 2 - 3 hours to firm up.



Raspberry Cream Dessert

Yields - 4 servings

1 serving

135 calories 567 kilojoules

2 fruit + 1 milk

TOTAL FAT - 1.1 g per serving

7% FAT



HAPPY HEART OUTLOOK

*The best thing you can
give your loved ones
is your good health
so take good care of yourself.*

| | | |
|--------|---|-------------|
| 1 cup | boiling water |250 mL |
| 1 pkg. | sugar free Raspberry Jello (4 servings) |1 |
| 1 cup | low fat frozen vanilla yogurt |250 mL |
| 1 pkg. | frozen unsweetened raspberries (10 oz. / 280 g) | |

1. Pour boiling water over gelatin in bowl.
Stir until dissolved.
2. Stir in frozen yogurt and raspberries, breaking up
raspberries with a fork.
3. Spoon into four dessert dishes.
4. Chill until set, approximately 20 minutes. Serve



Light Strawberry Cheesecake

Yields - 10 servings

1 serving
190 calories 798 kilojoules

2 fat, 1 bread/starch, 1 tsp. sugar

TOTAL FAT - 10 g per serving

47% FAT



HAPPY HEART FACT

*Taking time to plan
and prepare meals in advance
gives you SKILLPOWER
rather than relying on willpower.*



CRUST:

| | | | |
|---------|----------------------------------|-------|-------|
| 3 Tbsp. | light margarine, melted | | 45 mL |
| 15 | cinnamon snaps, low fat, crushed | | 15 |
| 2 Tbsp. | Splenda | | 30 mL |
| 2 Tbsp. | Cocoa | | 30 mL |

FILLING:

| | | | |
|------------|--|-------|--------|
| 2 pkg. | light strawberry jello (4 servings) | | 2 |
| 1 pkg. | unflavoured gelatin powder | | 1 |
| 1 1/2 cups | boiling water | | 375 mL |
| 1 pkg. | frozen strawberries (300 g) | | 1 |
| 1 pkg. | light cream cheese, spreadable (250 g) | | 1 |
| 2 Tbsp. | icing sugar | | 30 mL |
| 2 Tbsp. | Splenda | | 30 mL |
| 2 | envelopes Dream Whip whipped with 1 cup / 250 mL of 1% milk (or skim) (4 cups whipped topping) | | 2 |

1. Melt margarine. Add crushed cinnamon snaps, Splenda and cocoa.
2. Measure out 3 Tbsp./ 45 mL for topping.
3. Press remaining crumbs into ungreased 8 1/2" / 22 cm. spring form pan. Bake in 325°F / 160°C oven for 5 minutes. Cool.
4. Beat cream cheese and icing sugar together until fluffy.
5. Prepare Dream Whip. Save 1/2 cup / 125 mL for decorating top. Fold rest of topping into cream cheese mixture.
6. Mix jello powders and gelatin in a bowl. Add water. Stir to dissolve. Mix in strawberries which have been sliced (save some to decorate top). The frozen strawberries will quickly chill the jello mixture.
7. When syrupy fold jello mixture into cream cheese mixture. Pour over crust.
8. Sprinkle crumbs around outside edges. Decorate with reserved whipped topping and reserved strawberries. Chill.

Menu Planning Tips

Tips on how to be a career "Person" and still keep your family nutritionally well fed!

1. **PLAN MENUS IN ADVANCE.** Start planning at least by Thursday before your next week so you will have lots of time to purchase groceries.
 - Take stock of what you already have on hand so you can work in leftovers
 - For suppers choose chicken, fish, meatless, and beef dishes. Then, decide on vegetables, potatoes, rice, pasta etc.
 - Make your shopping list based on your planned menus.
2. **PREPARE SALAD AND VEGETABLES IN ADVANCE FOR THE WHOLE WEEK.** This is a great time saver and you tend to eat more vegetables this way. Start by taking 2-3 heads of romaine lettuce (sturdier and richer in Vitamin A) or a combination of lettuces ie. Boston, spinach etc. Wash well. Break up into bite-size pieces. Put into a lettuce spinner. Place in a large bowl. Cover with saran and a wet tea towel. Rewet tea towel daily to keep lettuce moist and crisp. Scrape and wash carrots, cut up broccoli, cauliflower etc. and store underneath lettuce. Salad greens will keep crisp for at least 5 days without wilting or going brown.
3. **PREPARE DEBONED SKINNED CHICKEN BREASTS WHEN FROZEN.** You do not need to thaw chicken breasts to put a sauce on them or to bread them. For example: Take 4-6 frozen chicken breasts. Prepare Chicken Luau Sauce and pour over chicken. Cover with saran and place in freezer. One day a week later, place frozen Luau Chicken in oven on time bake ie. oven comes on at 4:00 pm and stops at 5 pm. Bakes at 350°F/ 180°C. Put your baking potatoes on a metal skewer and they will also bake in one hour in a 350°F oven.
4. **USE THE MOTTO** - "Whatever we are eating tonight is made. Whatever we are eating tomorrow will be prepared after supper." Keep one day ahead of yourself.
5. If time permits, **DOUBLE UP ON RECIPES** so you will have a "freebie dinner" for next week in the freezer.
6. **FREEZE LEFTOVERS** for lunches or quick suppers.
7. Have a wholesome **SOUP & SALAD SUPPER** at least once a week with a fresh fruit salad.
8. Keep **TACOS AND FLOUR TORTILLAS** in your freezer at all times. These are great for using leftovers ie. chicken, beef strips, hamburg, tomato baked beans etc.
9. Start using your **CROCK POT AND TIME-BAKE SETTING** on your oven. There is nothing nicer than coming home to a dinner already prepared. Prepare dishes such as Asparagus Chicken or Oven Porcupines the night before and freeze. Place in cold oven the next morning. Put fresh tinfoil on oven floor. Put prepared, washed baking potatoes on a shish-ka-bob skewer and cut a squash in half. Place in a pan with 1" / 2.5 cm. of water. Turn Time-Bake to come on at 4:00 pm and to turn off at 5 pm. Set temperature to 350°F / 180°C. Come home to a whole dinner already cooked.
10. **PACK LOW FAT LUNCHES AND SNACKS** to eat at work. ie. low fat sandwiches, bagels, low fat muffins, light puddings and yogurts, fresh fruit and raw vegetables, low fat cheese and crackers, light hot chocolates, low fat granola bars etc.
11. Everyone needs a break from cooking so just choose your **FAST FOOD WISELY** ie. grilled chicken on a bun, roasted chicken on a whole wheat sub with lots of vegetables, B.B.Q. chicken (take off skin), salads with low fat dressings, Vegetarian pizzas, spaghetti with tomato sauce, plain baked potatoes, chicken salads with diet dressings, sandwich bars where you can make your own low fat sandwich etc.
12. If you work out of your car, pack **HEALTHY AND LOW FAT SNACKS** in a cooler.



Taking just 20 minutes a week to plan your menus will save you time, energy and money in the long run. Time you can use for exercise!

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Heather Williams, RD
Registered Professional Dietitian

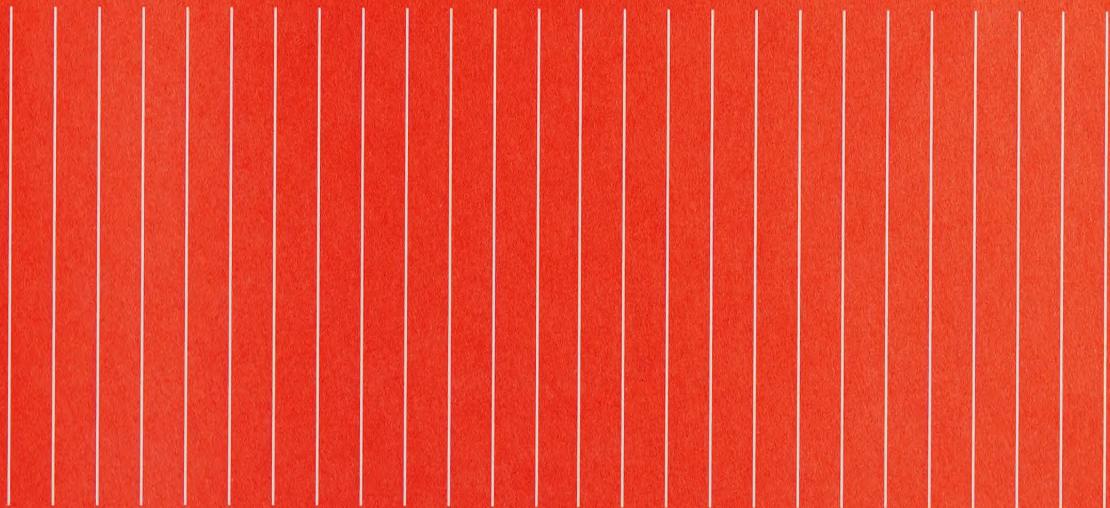
Heather received her B.Sc. in Home Economics (majoring in foods & nutrition) from Acadia University, N.S. She completed her Dietetic Internship at the Victoria General Hospital in Halifax, N.S. She is a member of the Ontario College of Dietitians and Dietitians of Canada. She has worked as a Therapeutic Dietitian in hospitals and has taught Early Childhood Education Nutrition at Loyalist College, Belleville, Ontario.

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